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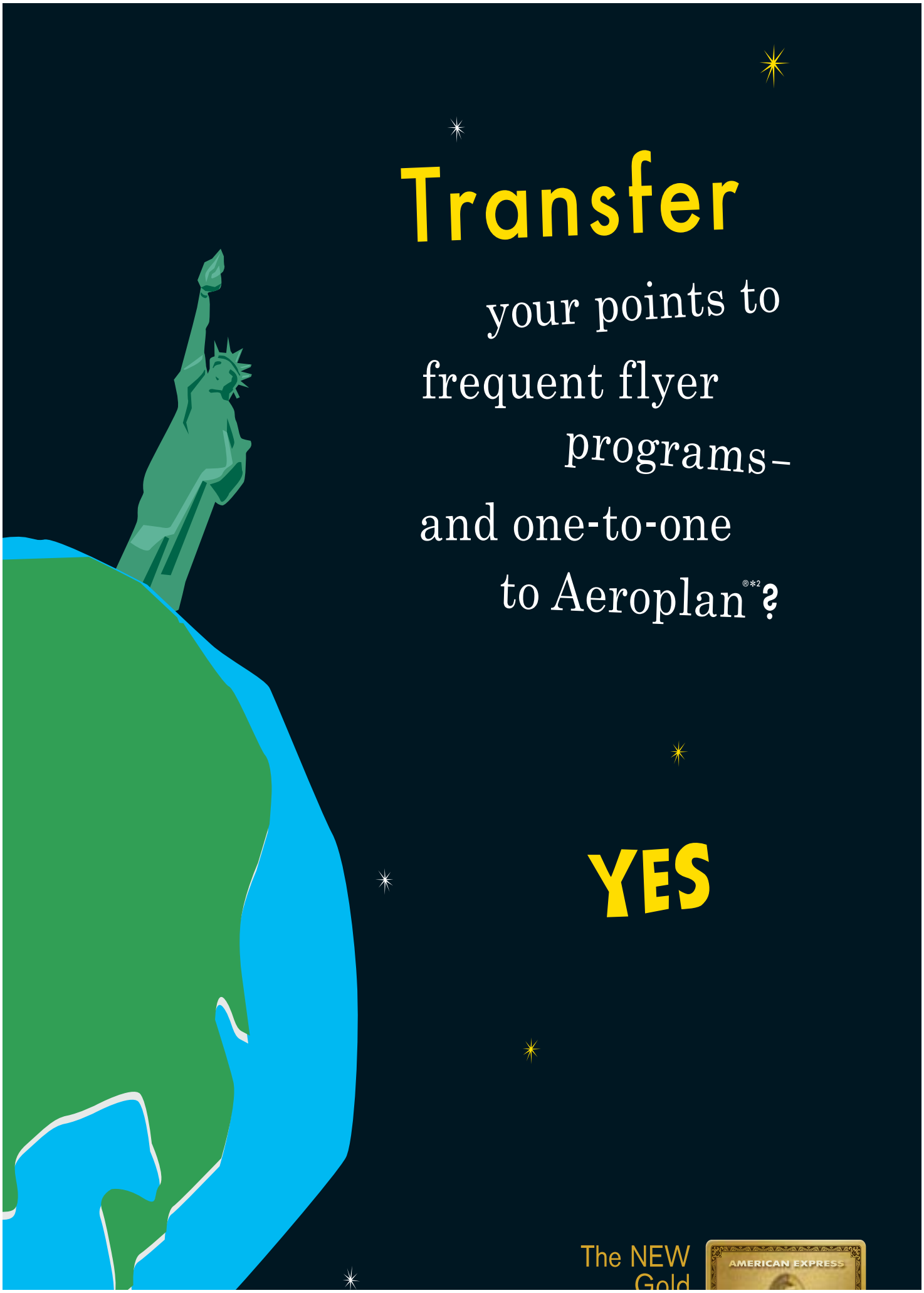
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PATCH ADAMS, THIS AIN'T
DISSECTING A TV MEDICAL DRAMA {page 25}

SPLIT
KLUM MAKES A CHANGE
DISH {page 26}

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JOHN R. KENNEDY/FOR METRO TORONTO

▶ Thousands of participants depart from the Run For The Cure start line near Queen's Park yesterday.

Thinking pink nets millions

▶ More than 70,000 participated in Ontario ▶ More than $14M raised in the province ▶ Represents an increase of nearly 25 per cent over last year's total

Wearing pink shirts, pink ribbons, pink wigs, pink pants, pink hats, pink tiaras and pink leis, more than 22,000 people took to downtown streets yesterday morning for the Toronto portion of the 19th annual Canadian Breast Cancer Foundation CIBC Run For The Cure.

The Run For The Cure was held in 60 communities across the country.

Toronto participants alone raised $5,234,197 for breast cancer research and education, organizers said — a 28 per cent increase over 2009.

Many of the Toronto participants wore stickers on which they wrote the names of the people for whom they were running: Mothers, daughters, grandparents, siblings and friends.

"I'm feeling a little helpless and far away, so I decided to raise money and run," said Barrett, who raised $1,290.

"You kind of don't know what to do in this situation. I thought this would be a good way to do something positive."

Early results indicate record-breaking totals on a national level and in Ontario. Nationally, about $33 million was raised with more than 170,000 people participating in 60 run sites. Last year, $26.5 million was raised nationally.

TORSTAR NEWS SERVICE

[redacted] to a lawsuit?

British politician threatens Canadian minister {page 4}

Going out on a high note

Blue Jays end 2010 campaign with some positivity {page 33}

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5150 Yonge Street, Unit G3
6064 Yonge Street
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Cedarbrae Mall
College Park
Dufferin Mall
East York Town Centre
Fairview Mall
First Canadian Place
Gerrard Square
Lawrence Square
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Testing Rossi's plastic bag claims

Claim: Rocco Rossi said enforcing the plastic bag fee costs taxpayers $2 million every year even though none of the proceeds go into city coffers.
Background: During a January speech to the Empire Club of Canada, Rossi railed against the five-cent plastic bag fee.

"These bags cost less than a penny to produce but the city receives no share of the five cents you and I pay every time we purchase one," he said.

"The city also created an enforcement bureaucracy that costs taxpayers $2 million annually."

He later said the fee should be abolished since the city isn't receiving any of the money.
Smell test: According to the Canadian Plastics Industry Association, each bag costs up to a penny-and-a-half to produce. When retailers charge consumers a nickel per bag (a roughly 400 per cent markup), the profits stay in the till.

The city implemented the fee to encourage more environmentally-sound habits, but doesn't receive any of the money, nor can it tell retailers how to spend it. In January, officials with the plastics industry estimated the profits from bag fees to be about $15 million. (Several large chains donate part of the proceeds to charities.)

In 2010, the city budgeted $1.4 million for its 70 per cent diversion program. So far this year, the city has spent $500,000.
Verdict: Sour.
TORSTAR NEWS SERVICE

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Rocco Rossi

It's a sign of the times: Election posters up today

Advance voting opens this week in Toronto, Vaughan, Oakville, Oshawa

Notice anything different this morning, Toronto?

At 12:01 a.m. today, the race for campaign sign space began. By the time you read this, the city's street corners, sidewalks and shop windows will likely be plastered in these annoying — but necessary — eyesores.

A recent poll showed 25 per cent of Torontonians aren't following the municipal election.

That's about to change, said Coun. Howard Moscoe, who runs an election sign company.

"Signs are part of the aura of an election campaign. They're completely unimportant and totally important. They get people thinking and reading about the election," he said. "You won't be able to avoid knowing there's an election going on."

Neighbouring cities, such as Mississauga and Vaughan, have been littered with campaign signs since 2:01 p.m. Sept. 10. Municipalities are able to set their own signage by-laws. TORSTAR NEWS SERVICE

Sign rules

Compared to its neighbours, Toronto has strict rules about where candidates can post their propaganda on public space.

- Signs are not allowed on highways, such as the Gardiner Expressway or Don Valley Parkway, or within 15 metres of an intersection.
- They also can't be attached to trees, illuminated and candidates can be fined for defacing or damaging an opponent's signage.

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ Coun. Howard Moscoe

1 news

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Was George Galloway's entry to Canada a victory for free speech or defeat for security? Guidy Mamann explores at metronews.ca/immigration

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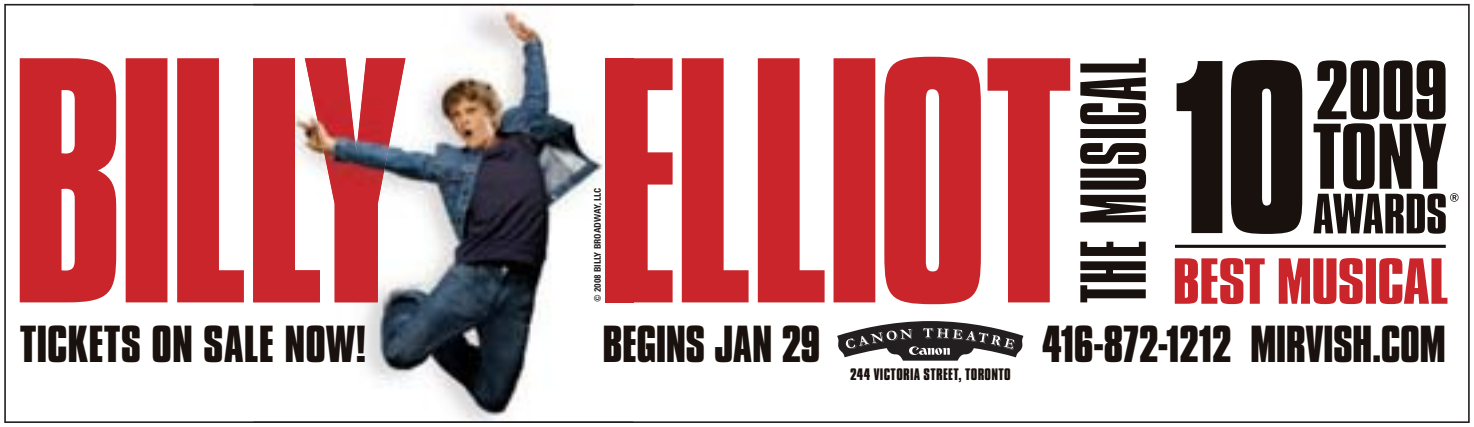

MISSISSAUGA

Senior hit, killed by car

An elderly woman has died after being hit by a car in Mississauga.

Diana Rowdon, 86, was struck by a silver BMW while crossing Hurontario Street (near Sherwoodtown Boulevard) Friday.

Police said Saturday that she appeared fine at first, but her condition worsened.

She died later that day.

Alsea Wilson, 32, of Toronto is charged with careless driving.

THE CANADIAN PRESS

Defiant Galloway vows to sue Kenney

CHRIS YOUNG/THE CANADIAN PRESS

▶ Former British MP George Galloway addresses a crowd yesterday in Toronto. Galloway delivered the speech he was originally forced to deliver on the Internet after being prevented from entering Canada in March 2009.

British politician promises to return in November for 10-city tour

British firebrand politician George Galloway donned a pair of red mittens and clenched his fists yesterday, challenging Canada's immigration minister to a high-noon style boxing showdown and vowing to make good on a threat to sue him.

Galloway, who said he fought in his youth, wore the mittens as if they were boxing gloves and urged Jason Kenney to "go five rounds" with him.

"Jason Kenney, you can run but you can't hide," Galloway said to cheers from a boisterous crowd of 500 spectators who packed a Toronto church to hear him speak.

The cheers from the balcony were often so loud they drowned out Galloway's forceful voice. The audience members gave him several standing ovations.

Galloway also challenged Kenney to a public debate and said he would be prepared to stand outside the minister's constituency office in Calgary, and follow Kenney across Canada until he gets one.

He said his lawyers were processing papers to make good on a threat to sue Kenney, alleging he was slandered in front of the world by being branded a terrorist. Galloway says it caused him "18 months of hell" and threatened his personal security.

"I intend to seek redress. And any redress I will spend it on building a massive anti-war movement here in Canada."

GEORGE GALLOWAY

He accused Canada of leaking information about him to the British tabloids, and said he learned he was not welcome in Canada from headlines while he was packing for his trip.

Kenney pulled the welcome mat on Galloway last year because of the former British MP's financial support to the Palestinian group Hamas, which Ottawa considers a terrorist organization.

Galloway was planning to come to Canada for a speaking tour, but decided not to because he thought there was little chance he would be admitted.

The Federal Court of Canada turned down an appeal from his supporters, but criticized the way the Conservative government dealt with Galloway.

THE CANADIAN PRESS

Knowledge is the best medicine

The spectre of thalidomide still haunted expectant mothers and their doctors when a new hazard to the unborn appeared on the scene.

It was 1985, and while the fetus-deforming morning sickness drug had long been purged from the obstetrics system, an anti-acne agent known as Accutane had stepped in to rekindle its menace.

"It was very clear that levels of anxiety among women and their healthcare providers ... were huge," said Dr. Gideon Koren, a toxicologist at Toronto's Hospital for Sick Children.

"Accutane caused terrible birth defects, even more than thalidomide."

It was within this incubating anxiety over safe drug use during pregnancy that Koren hatched an enduring idea.

Twenty-five years later, the hospital's Motherisk program has helped ease the minds of half a million expectant and new mothers, and become a model for similar efforts around the world.

"There was this growing sense that every drug may cause problems for the baby."

DR. GIDEON KOREN

Initially, the program employed one person, answering a phone and dispensing advice on the dangers of any drug or compound a mother was considering to her fetus or breastfeeding baby.

"Now we have about 70 people working on the different aspects of exposure during pregnancy and during breastfeeding," Koren said.

The program has also taken to the Internet, where it has become a trusted source in a sea of often contradictory data on drugs and their developmental dangers.

It also dispenses advice on dangers posed by chemicals, diseases, radiation and other environmental agents. TORSTAR NEWS SERVICE

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Need for new courts urgent, says top judge

A dire warning from Ontario's top judge about "potential miscarriages of justice" if new courthouses aren't built must not go unheeded by the province, criminal lawyers and critics say.

Despite Chief Justice Warren Winkler's assessment that there's a "pressing need" for new and improved facilities to deal with caseloads, the opposition says court infrastructure just isn't a priority for the governing Liberals.

And in addition to the need for new court buildings, many of the current ones are woefully out of date, said Paul Burstein, president of the Criminal Lawyers' Association.

"Unless we build more courthouses we will continue to experience unreasonable delays," Burstein said in an interview.

Toronto

▶ Chief Justice Warren Winkler added the situation in Toronto is "critical" and there needs to be a new courthouse to supplement the Superior Court of Justice facility on University Avenue.

There needs to be a provincewide audit of the existing facilities to see whether they meet minimum requirements for lawyers, judges, the public and other justice system players, he added.

"I would bet while many do satisfy those requirements, there's probably regrettably ... too many that don't."

In the annual opening of the courts speech last month, Winkler said it is "indisputable that if we want cases to be dealt with in a timely manner, we must improve our courthouse facilities."

Many courthouses are lacking technology in an age when a lot of multimedia evidence, such as surveillance video or wiretap audio, is presented, Burstein said.

"There's a much greater need for access to electronics and different forms of media," he said.

"You can go into many courthouses in Ontario and there's not even a plug available."

THE CANADIAN PRESS

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Getting cricket lessons from across the pond

- Program sends students to England for training
- One participant describes it as a 'great opportunity'

DENISE SURETTE
TORONTO@METRONEWS.CA

Although it's the world's second most popular sport, cricket has taken some time to find a home in North America.

But here in Toronto, it's getting a boost thanks to a group of students and a community initiative.

Cricket Across The Pond started in 2008 and has sent 38 young Torontonians to England over the past two years.

Parth Raval, a Ryerson student and cricket enthusiast, was part of a group of students that went to London in August to take part in cricket training, learn leadership skills and tour the sport's home — historic Lord's cricket grounds.

"It's a great feeling, the first time travelling to London."
PARTH RAVAL

"We were there to represent Toronto and get cricket and media training," Raval said. "It was about representing ourselves."

Raval, who has spoken to youth in his community about the benefits of cricket, said the best part of the trip was picking up life skills. He said the group of students became tight during the trip.

"I knew some of the others, but most of them I met there, they're great to know," he said. "It's a great opportunity I'm getting."

Cricket in Canada

- The first game of cricket played in Canada was in 1785 in Quebec, where the Montreal Exposition buildings now stand.
- George A. Barber, the father of Canadian cricket, started games in early 1800s York.
- The Toronto Cricket Club was founded in 1827, the oldest club in Canada.

Bieber. In town

▶ Justin Bieber

JOHN R. KENNEDY/FOR METRO TORONTO

Yep, that's the Biebs

Pop superstar Justin Bieber and his mom, Pattie Mallette, attend the wedding of Bieber's guitarist Dan Kanter at a Toronto hotel last night. The singer is off to Hawaii to kick off the next leg of his tour.

Fire crews pay tribute to fallen colleagues

About 500 firefighters, their families and friends gathered at Queen's Park yesterday to remember colleagues who died in the line of duty.

The names of 31 firefighters were added to the monument.

They include firefighters who died in the line of duty, or from an occupation disease.

Yesterday marked the beginning of Fire Prevention Week in Ontario.

This year's theme focuses on promoting the need for working smoke alarms and a fire escape plan.

THE CANADIAN PRESS

500
There is a total of approximately 500 names on the memorial.

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Report confirms gaps in federal contract security

Public Works says problem has been solved through beefed-up training, tighter controls and increased hiring

A pair of internal government reports confirm there have been repeated security failures in contracts involving secret technology and classified information, including confidential military blueprints.

The reports, suppressed for almost two years, buttress some initial findings by the auditor general in 2007, but suggest the problem has been even more widespread than first reported.

One of the newly released reports, commissioned by Public Works from the consultant firm Deloitte and Touche, examined 181 contracts that required tight security clearances for firms providing equipment and services to the federal government. Some were awarded to military contractors, such as McDonnell Douglas Corp. and Thales Canada Ltd.

Deloitte found that 87 had "ongoing security deficiencies" because key security elements of the contracts were not enforced or monitored properly.

FRED CHARTRAND/THE CANADIAN PRESS

▶ Sheila Fraser

$9B The latest findings come as the federal government presses ahead with the $9-billion acquisition of 65 Joint Strike Fighter jets, Canada's largest-ever military procurement.

"Unless these ongoing deficiencies are resolved, there is an ongoing risk that a security breach could occur," says the November 2008 document.

A second Deloitte report, into 153 so-called standing offers, found similarly sloppy security arrangements for 80 of them.

The reports refer only in generic terms to the types of security lapses identified, including failure to lock up secret material. The findings apply only to Public Works officials, rather than to private-sector companies, because the department is directly responsible for ensuring contract-security provisions are enforced through its Industrial Security Program.

A spokesman for Public Works said all of the problems identified by audtior general Sheila Fraser and by the Deloitte reports have been resolved.

THE CANADIAN PRESS

No security check

Auditor general Sheila Fraser examined a sample of 86 contracts in 2007 and found 24 of them proceeded without the required security clearances and checks.

- One of the most serious breaches Fraser discovered was a construction contract for the NORAD Above Ground Complex at North Bay, where 16 companies hired to build the facility were not checked.

Fall. Leaves

▶ Jacynthe Fugere Bourdages, left, and friend Josee Rivard, cyclists from Ottawa, prepare for their ride home yesterday after checking out the colourful foliage in the Ottawa Valley from the top of Champlain Lookout in Gatineau Park in Hull, Que.

PAWEL DWULIT/THE CANADIAN PRESS

Take the long road and bike it

Tax cut yields $1.8B hole

Come Jan. 1, federal Liberals will face a gaping $1.8-billion hole in their election platform.

That's because the new year will ring in a 1.5 percentage point cut in the corporate tax rate.

The imminent reduction has Liberal strategists wrestling with how best to make up the resulting loss of tax revenue, which the party has been counting on to pay for leader Michael Ignatieff's promises to invest in things like child care and home care.

"It's a difficult one," concedes one insider.

None of the options are particularly palatable: Squeeze Ignatieff's already highly constrained spending commitments; promise to roll back the tax cut; chop spending; or hike taxes elsewhere.

No decision has been made yet but insiders suggest Ignatieff will most likely opt to roll back the corporate tax reduction — even though that would hand the Tories evidence for their claims that the Liberals would form a "tax-and-spend" government and hike taxes.

It's a label Ignatieff sought to avoid last March when he announced he would freeze corporate taxes at their current level of 18 per cent.

THE CANADIAN PRESS

'Tax and spend'

Prime Minister Stephen Harper's Conservatives immediately stuck the "tax-and-spend" label on Ignatieff, charging he would raise "job-killing business taxes."

- At the time, Liberals were able to counter they were simply refusing to cut them any further.
- But that argument won't wash after Jan. 1 when the next phase of scheduled corporate tax reductions — worth $1.8 billion, according to the Finance Department — goes into effect.

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U.S. warns terrorism threat high in Europe

State Department advises Americans in Europe to be vigilant at tourist spots and on public transportation

MANDEL NGAN/AFP/GETTY IMAGES

▶ Barack Obama

The Obama administration yesterday warned Americans of potential terrorist threats in Europe and urged them to be vigilant in public places, including tourist spots and transportation hubs.

A State Department travel alert advises U.S. citizens living or travelling in Europe to take more precautions about their personal security. The alert is one step below a formal travel warning advising Americans not to visit Europe.

"Current information suggests that al-Qaida and affiliated organizations continue to plan terrorist attacks," it said. "European governments have taken action to guard against a terrorist attack and some have spoken publicly about the heightened threat conditions."

It noted in particular "the potential for terrorists to attack public transportation systems and other tourist infrastructure."

"U.S. citizens should take every precaution to be aware of their surroundings and to adopt appropriate safety measures to protect themselves when travelling," the department said.

Britain's Foreign Office upgraded its travel advice for France and Germany, warning Britons going to those countries that the threat of terrorism there is high. Before yesterday's change, the government's travel advice for France and Germany was the threat from terror attacks there was "general."

THE ASSOCIATED PRESS

Canada monitoring security in Europe

Canadian Foreign Affairs said yesterday it was closely monitoring the security situation in Europe.

The announcement came hours after the United States warned Americans of potential terrorist threats in Europe.

The department said Canadians in Europe should be aware of their surroundings at all times, monitor local news reports, follow the advice of local authorities, and take appropriate steps to ensure their personal security.

It encouraged Canadians to regularly consult the government travel website for updated information and to register with the Registration of Canadians Abroad service in order to receive the latest advice.

In its advisory, the U.S. State Department advised U.S. citizens living or travelling in Europe to take more precautions about their personal security.

THE ASSOCIATED PRESS

VAHID SALEMI/THE ASSOCIATED PRESS

▶ Iran President Mahmoud Ahmadinejad

IRAN TALKING TOUGH

SAYS U.S. LEADERS SHOULD BE "BURIED"

Iran's president yesterday called for U.S. leaders to be "buried" in response to what he says are American threats of military attack against Tehran's nuclear program.

Mahmoud Ahmadinejad is known for brash rhetoric in addressing the West, but in a speech yesterday he went a step further using a deeply offensive insult in response to U.S. statements that the military option against Iran is still on the table.

"May the undertaker bury you, your table and your body, which has soiled the world," he said using language in Iran reserved for hated enemies.

Several top U.S. officials have said in recent months that the military option remains on the table and there is a plan to attack Iran, although a military strike has been described as a bad idea.

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News in brief

Layton seeks heating break

OTTAWA. Jack Layton wants Ottawa to give Canadians a break when the harsh winter hits.

The New Democrat leader is calling on the Harper government to remove the five per cent GST on home heating before snow falls.

Layton made the appeal in a speech in Ottawa yesterday.

He noted that in Ontario, heating costs have increased by 17 per cent over a period of six months.

THE CANADIAN PRESS

Dinosaur bones found in B.C.

Scan code for story

Canadian actor takes lead role in Oktoberfest

TORONTO. Canadian actor Fred Ewanuick, who stars in Dan For Mayor, will be the grand marshal for Kitchener-Waterloo's Oktoberfest Thanksgiving Day parade this year.

THE CANADIAN PRESS

Flavoured cigar ban tough to inhale

Anti-smoking advocates say tobacco companies are changing the size of cigars to circumvent the law

Importers of flavoured cigarillos have changed the size of their product in order to get them in the country.

During the 2008 federal election campaign, Prime Minister Stephen Harper promised to take action against tobacco marketing practices that targeted young people. That led to a federal law effective last July that bans retailers from selling the flavoured filtered cigars weighing less than 1.4 grams.

The cigars are now slightly heavier and without a filter. Rob Cunningham of the Canadian Cancer Society said it's an attempt to circumvent the law. THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

The other side

- A spokesperson for a Montreal-based company that imports cigarillos referred to Health Canada statistics that said flavoured tobacco represents less than half a per cent of the industry.
- "These same kids are getting far greater access to non-flavoured tobacco, alcohol, marijuana and non-prescription drugs" he said.

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Prime minister of Japan urges world's support

Relations between Japan and China remain tense as Prime Minister Naoto Kan heads to Asia-Europe forum

CHRIS MCGRATH/GETTY IMAGES

▶ Prime Minister Naoto Kan

Japan's prime minister pledged yesterday to seek international support for Tokyo over a diplomatic row with China as he left for Belgium to attend an Asia-Europe forum.

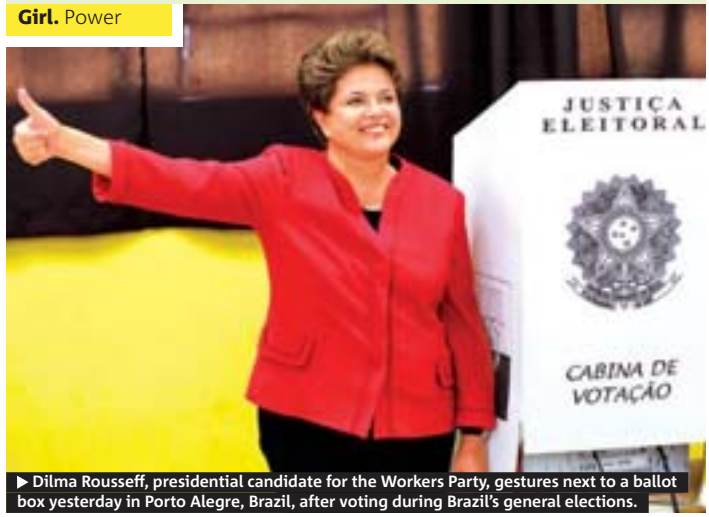
Prime Minister Naoto Kan's hastily decided trip comes amid tension between the two Asian powers following the arrest of a Chinese fishing boat captain whose trawler collided with Japanese patrol vessels near disputed islands.

Despite signs of a thaw in relations over the last few days, bilateral talks with Chinese Premier Wen Jiabao are not planned on the sidelines of the two-day Asia-Europe Meeting beginning today.

"It is important to thoroughly explain the stance of our country," Kan said. "I want to explain our position and my views from a broad perspective."

Since the incident in the East China Sea, Beijing has suspended ministerial-level talks with Tokyo and postponed talks on jointly developing undersea gas fields. Japan released the captain last weekend, but Beijing then requested an apology — prompting Japan to demand China cover damage to their vessels. THE ASSOCIATED PRESS

Girl. Power



▶ Dilma Rousseff, presidential candidate for the Workers Party, gestures next to a ballot box yesterday in Porto Alegre, Brazil, after voting during Brazil's general elections.

FELIPE DANA/THE ASSOCIATED PRESS

Brazilian vote heading to run-off

Official vote returns indicate Brazil's leading presidential candidate Dilma Rousseff has been forced into a second-round run-off. Rousseff is the hand-chosen successor to popular President Luiz Inacio Lula da Silva. To win outright, a candidate needs to win 50 per cent plus one vote. Rousseff will face her centrist rival Jose Serra in the Oct. 31 run-off.

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Consult your Ford of Canada dealer for details including applicable warranty coverage. ^Source: Transports Quebec, 2001. Braking tests were performed at -20º Celsius on a road covered with packed snow and ice. Vehicle equipped with winter tires stopped on average 11.6 metres (38 feet) sooner than vehicle equipped with all season tires. Based on a sub-compact vehicle. ▼Program in effect from Oct. 1/10, to Jan. 3/11 (the "Program Period"). To qualify for a Ford Recycle Your Ride Program ("RYR") rebate ("Rebate(s)"), customer must qualify for and take part in either the "Retire Your Ride Program" delivered by Summerhill Impact with financial support from the Government of Canada, or Summerhill Impact's "Car Heaven Program". To qualify for the "Retire Your Ride Program", which offers $300 cash or rebate on the purchase of a 2004 or newer vehicle, customer must turn in a 1995 model year or older vehicle in running condition (able to start and move) which has been properly registered and insured for the last 6 months (12 months in B.C.) to an authorized recycler. To qualify for the "Car Heaven Program", customer must turn in a 2003 model year or older vehicle in running condition which has been registered and insured for the last 6 months to an authorized recycler. 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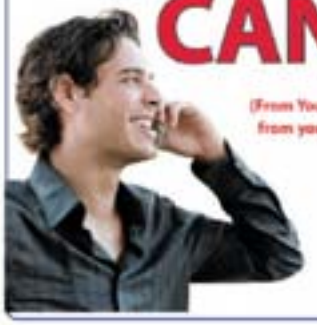

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INDONESIA

Engineer arrested in crash

Police yesterday arrested the engineer of a train that plowed into another at a station in central Indonesia, killing 36 people, and accused him of negligence, an official said.

"He was named a suspect this afternoon and officially arrested," said Col. Djoko Erwanto, spokesman for Central Java police.

Halik Rudianto was driving a first-class train as it crashed early Saturday into an economy-class train stopped at a station in Petarukan, a coastal city in Central Java province, knocking several carriages off the track.

Transportation Minister Freddy Numberi said the engineer had failed to stop at a red signal, Kompas newspaper reported on its website. THE ASSOCIATED PRESS

Alleged Facebook threats lead to arrest

A Montreal man has been arrested for allegedly uttering death threats on Facebook.

Quebec police say David Abitbol was arrested at his parents' home Saturday.

Police say they found weapons and ammunition. THE CANADIAN PRESS

Phantom calls tie up 911 lines

Barrie police are asking people to make sure cellphones in their pockets don't accidentally dial 911.

Officers responded to 15 false calls over a 14-hour period Saturday.

Many were phantom calls that came from unlocked cellphones in people's pockets or purses. THE CANADIAN PRESS

Germany celebrates 20-year reunification

SEAN GALLUP/GETTY IMAGES

▶ This year's anniversary event was hosted by the western city of Bremen.

President emphasizes integration

Germany's president celebrated the country's newfound national pride but also stressed more needs to be done to integrate Muslim and other immigrants as he marked the 20th anniversary of reunification yesterday.

Germany's post-Second World War division ended with reunification Oct. 3, 1990 — less than 11 months after communist East Germany opened the Berlin Wall amid pressure from massive demonstrations.

President Christian Wulff paid tribute to East Germans who protested against the regime, saying "their courage impressed the world."

He said their chants of "we are one people" as communism crumbled awoke "a national feeling that was long buried, for understandable historical reasons" after the Nazi era.

"Now, a new self-confidence has grown in all of Germany, an uninhibited patriotism, an open commitment to our country, which is aware of its great responsibility for the past."
PRESIDENT CHRISTIAN WULFF

Last month, Thilo Sarrazin, a board member at Germany's central bank, quit his post amid controversy over a book he wrote claiming German society was being made "dumber" by Muslim immigrants. The book has become a best-seller. THE ASSOCIATED PRESS

SPECIAL REPORT BROUGHT TO YOU BY RBC

Children's Mental Health

Teenage Depression: Separating Myth from Reality ~ By Dr. Amy Cheung

Adolescence is a challenging time. Dealing with physical, emotional, and hormonal changes while trying to balance school, work, friends and family can be stressful for anyone.

Now take all these daily pressures and combine them with feelings of sadness, irritability, low energy and motivation, poor concentration, sleep disturbance (too much or too little), change in appetite and even thoughts of death.

Mental illness such as depression often goes unnoticed in teens, and is sometimes dismissed as typical teenage moodiness. The truth of the matter is that it is a condition that can have serious effects on the lives of those suffering from it. Here are some common myths about teenage depression.

Myth #1: The majority of adolescents will go through at least one significant period of depression in their lifetime.

Reality: Depression does not affect the majority of teenagers. Only about 1 in 10 people will face an episode of clinical depression during their high school years.

Myth #2: Depression will usually lift spontaneously in two to three months.

Reality: While depression can lift spontaneously, it often takes up to two years for this to happen. Teens who do not receive the appropriate treatment will suffer with the illness for an extended period of time, and evidence shows roughly 60 per cent of youth with depression will experience another episode of depression either as a teen or as an adult.

Myth #3: Getting adolescents to talk about their depression will worsen their condition.

Reality: Talking with a teen about their depression should be encouraged. It has been proven to be one of the most effective treatments for the condition and in most cases, is even as effective as medication.

Education and acceptance of teen depression is critical. It is serious and should be treated like any other medical condition. Teens suffering from depression need a solid support network. Parents and mentors need to know that there are many resources available like social workers, family doctors, local hospitals, children's mental health centres, and support groups.

For more information, visit: www.rbc.com/childrensmentalhealth

RBC RBC Children's Mental Health Project

Economic recovery still choppy

North American stock markets indicate expansion heading into October, but at a slower pace

Stock markets will likely have a tough time extending the strong growth of September into this month after data from the U.S. manufacturing sector reminded investors the economic recovery remains choppy and job creation remains tentative.

"The overriding theme in the next few weeks might be mild disappointment, since good news seemed to have been priced in in recent weeks," said BMO deputy chief economist Doug Porter. "Of course, October is usually no treat for investors either. It's usually got its fair share of extreme volatility." THE CANADIAN PRESS

Looking ahead

The Dow Jones industrial average had its best September since 1939 with a gain of 7.7 per cent.

- **Falling index.** But sentiment weakened at the end of last week when the Institute for Supply Management's manufacturing index fell to 54.4 last month from 56.3 in August.
- **Economy.** StatsCan reported the domestic economy shrank by 0.1 per cent in July.
- **Employment.** Canada cranked out a modest 10,000 jobs in September.

Health. Fast food

▶ A Happy Meal box and toy are shown outside of a McDonald's restaurant in San Francisco.

JEFF CHIU/THE ASSOCIATED PRESS

Healthier Happy Meals

A proposed city ordinance would require McDonald's to either stop putting toys in Happy Meal boxes, or make the meals healthier by limiting calories.

Energy hearings to heat up in Quebec

Environmental hearings begin in Quebec today into the risks of tapping a 5,000-square-kilometre energy source one federal document calls an energy "game changer."

The public hearings could be raucous given that tempers have already flared over Quebec's push to exploit natural gas reservoirs buried under the St. Lawrence River lowlands.

The proposed endeavour to unlock gas from the shale has ignited boisterous protests in recent weeks. Quebecers concerned about potential environmental impacts have crammed public information sessions to grill industry leaders.

"It's always suspicious that everything's been signed, sealed and delivered."
JOHANNE BELIVEAU, MEMBER OF CITIZEN'S GROUP

But government and industry players say the reservoirs are too lucrative to pass up. In just a few years, companies have leased the entire region.

Still, the fledgling industry is growing too fast for its opponents, prompting them to call for a province-wide moratorium on exploration and production. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	DOLLAR	OIL	Gold contracts
— 5.58 (12,363.08)	+ 0.81¢ (97.99¢ US)	+ $1.61 ($81.58 US)	$1,317.80 (+ $8.20 US)

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FAME CAN BE UNBRELIEVABLE AT TIMES

Urban Compass

CAROLYN MORRIS

Breanna Hughes is Twitter famous. People she's never met yell out her Twitter handle (unbrelievable) as she rides along Queen Street West to work in the morning.

Or they come up to her at a show, recognize her long blond hair with straight-across bangs from her Twitter profile picture and tell her how great it is to finally meet her in person.

She's famous for her online comments of 140 characters or less, made to more than 3,700 followers. She gets invited to PR events and scores free trips for being a Twitter "influencer." The highlight of her Twitter fame has been a write-up on Mashable, a wildly popular Internet news blog.

The attention catches her off guard. "I'm a normal geeky girl," she says. A normal girl — but one with quite an unusual online life. By 12, Hughes was selling her used clothing online from her small-town home in British Columbia. It was around the time eBay started up and she was moderating a message board for girls her age. You needed a credit card for eBay, so they decided to start their own online auction, but for kids (paying via cash in the mail).

"The highlight of her Twitter fame has been a write-up on Mashable, a wildly popular Internet news blog."

Her business took off. The mini chocolate bars she would send along with her old clothing became a hit. Because her online friends in the U.S. couldn't get Aero bars or Cadbury Flake, they wanted more. She got her parents to drive her to Costco and started paying them for the excessive Internet time she was using. (Sixty hours a month on a 20-hour dial-up plan.)

"It was amazing I had any friends," she said. In her high school years, her online activities always led to a sort of confession. "I'd say, 'By the way, I'm an administrator on a message board and have lots of friends online. Do you still want to date me?'"

Now she lives in Toronto and is a product manager at an online fundraising non-profit called Artez Interactive. (She studied — surprise, surprise — computer science and has a degree in that discipline.) And gone are the days of online nerds being cooped up in their basements — instead of a barrier, Twitter has been a boon for her social life. She goes to tweet-ups, invites her Twitter friends to live concerts and has tapped into Toronto's huge tech community.

"It's a big conversation," she says. That is, a conversation with thousands of people. You're free to join in by following her on @unbrelievable.

Read more of Carolyn Morris' columns at metronews.ca/carolynmorris

Cartoon

MICHAEL DE ADDER

Interactive injuries

Worth mentioning

Interactive video gamers should exercise some caution to avoid injury to themselves and bystanders, say researchers who have studied U.S. data on a broad range of injuries among traditional and interactive gamers.

Researchers from the Children's Hospital of Philadelphia aimed to determine and define the types of injuries caused as a result of participation in both traditional and interactive video games. The findings were to be presented today at the American Academy of Pediatrics National Conference and Exhibition in San Francisco.

Researchers found that, when compared with the traditional group of gamers, participants in the interactive group were significantly more likely to injure their shoulder, ankle and foot. The group of interactive gamers was also significantly more likely to sustain a contusion or abrasion, sprain or strain.

But there were reported problems among those playing traditional games that were notable, too. All 65 seizures, all eight cases of eye pain or visual disturbance and all but one of the 24 reported neck injuries were sustained by those in the traditional group.

THE CANADIAN PRESS

A long way from Pong

TORSTAR NEWS SERVICE FILE

What's your favourite fall activity?

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Metro Minute at Hugh's Room

Sure, there's a sort of collective buzz you get from rocking out at an arena with 30,000 of your closest friends.

But no matter how great the show, there's nothing quite like cloaking yourself in the intimacy of a small venue; the kind where each note lingers in the room like a shifting mood.

So instead of shelling out last week's salary on that Coldplay ticket, why not invest in some musical discovery at Hugh's Room.

The space is set up so patrons can sit, enjoy a nice glass of whiskey (if that's your preference) and be close enough to the stage to connect to what's going on.

JORDANA DIVON

▶ Next weekend's Leonard Cohen tribute at Hugh's Room (2261 Dundas St. W.) looks promising. Visit hughsroom.com for an extended calendar.

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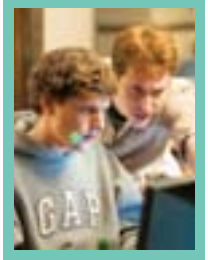
Bi-weekly payment and variable rate shown based on current TD Bank prime rate and is subject to fluctuation; actual payment amounts will vary with rate fluctuations. Example: $10,000 at 3% for 84 months, the monthly payment is $152.13. Cost of borrowing is $2,787.92, total obligation is $12,787.92. Down payment and/or trade may be required. Monthly payments and cost of borrowing will also vary depending on amount borrowed and down payment/trade. Taxes are included in the monthly payments. ‡Bi-weekly payments based on a purchase price of $23,995 (2010 Chevrolet Malibu LS R7C) with down payment of $2,399.50 (10%) and financed at 3.00% APR for 84 months. Cost of borrowing is $3,796.58, total obligation is $21,595.50. Bi-weekly payment is $146.00. Offer available to approved customers through Ally Credit. Eligible vehicles: 2010 Chevrolet Malibu LS R7C/Silverado 1500 Ext. Cab 4WD R7H. Down payment and/or trade may be required. Offer may be changed or withdrawn at any time without notice. Dealer order or trade may be required. Dealer may sell for less. Taxes and licence, PPSA, dealer fees and ONMVIC fees are extra. Offer not available in conjunction with other offers. See your dealer for details. ††Vehicle shown may not be identical to vehicle offered. Actual vehicle may vary. ΔBased on 2010 Chevrolet Aveo LS equipped with 5-speed manual transmission. 2010 Chevrolet Cobalt LT equipped with 4-speed automatic transmission. 2010 Chevrolet Malibu equipped with 2.4L ECOTEC I-4 engine and standard 4-speed automatic transmission. 2010 Chevrolet Silverado 4WD equipped with 4.8L Vortec V8 engine and 4-speed automatic transmission. Fuel efficiency ratings based on Natural Resources Canada's 2010 Fuel Consumption Guide. Your actual fuel consumption may vary. ◊◊Government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 Chevrolet Malibu received both 5-star Rating for the driver and front passenger in the Frontal Crash Test and for front and rear seat occupants in the Side-Impact Crash Test. Side-impact Crash Test rating is for models tested with standard head-curtain side-impact air bags. 2010 Chevrolet Aveo and Silverado 1500 received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. ††Chevrolet Aveo 5-door LS Sedan R7C/Malibu LS R7C/Silverado 1500 Ext. Cab 4WD R7H. ♥♥Customers eligible for a GM Owner Loyalty Bonus will receive either a $1,000 or $1,500 manufacturer to consumer incentive (tax inclusive). Example: $10,000 purchase price, after tax price is $11,200 ($10,000 plus $1,200 applicable taxes). After applying $1,500 credit, after tax price is $9,700 ($1,327.50 reduced purchase price plus $172.50 applicable taxes), with the $1,500 credit being the $1,327.50 reduction from the purchase price and the $172.50 reduction in taxes which would have otherwise been payable on the full purchase price. $1,500 Bonus available to: (i) current GMAC Lease customers; or (ii) current owners of a Saturn, SAAB, Pontiac or Hummer. $1,000 Bonus available only to customers who currently own a GM vehicle and are not eligible for the $1,500 Bonus. To be eligible for a GM Owner Loyalty Bonus, customer's GM vehicle must be registered and insured (in Canada) in their name for the previous consecutive six months. $1,000/$1,500 Bonus may be applied towards the purchase/finance/lease of an eligible new 2009/2010/2011 Model Year Chevrolet, Buick, GMC or Cadillac vehicle, delivered between 09/23/10-11/01/10. Ineligible vehicles: Aveo, Camaro, Cobalt, Corvette Z01, Equinox, Terrain, all Pontiac, Saturn, Saab, and Hummer vehicles, and all medium duty trucks. Offer applies to new or demonstrator models. Dealer order or trade may be required. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and may contact GM to verify eligibility. This offer may not be redeemed for cash. This offer may not be combined with certain other consumer incentives available on GM vehicles. See your local GM dealer for details. GM reserves the right to amend or terminate this offer and/or the program for any reason in whole or in part at any time without prior notice.

2 scene

Box office



Movie fans are spending some face time with a story about the founders of Facebook. The Social Network, a drama about the quarrelsome creation of the online juggernaut, debuted as the No. 1 weekend film with $23 million.

THE ASSOCIATED PRESS

The Canadian Opera Company has a new take on Aida. The classic is updated and taken out of Egypt. Scan code to read more.

swing into action

Community-organized conference brings together ideas for change Social leaders — from author to film producer — offer roadmaps for moving things forward around you

JESSICA LEWIS
SCENE@METRONEWS.CA

▶ Amanda Sussman of Plan International Canada

▶ Drew Dudley of Nuance Leadership Inc.

▶ Trey Anthony, creator of da Kink in my Hair

▶ Neil Paricha, author of The Book of Awesome

▶ Sol Guy, film producer and K'Naan's manager

▶ Dr. Catherine Zahn, CEO of the Centre for Addictions and Mental Health

More than 12 social leaders gathered last Thursday to speak at the second annual community-organized TEDx conference, bringing ideas on leadership, health, charity, politics and passion to one stage.

This year's theme was "A Call to Action," and the underlying message from the speakers was that in order to make any difference in the world, change must start with one person: you. Here are some of their ideas.

Drew Dudley, founder of Nuance Leadership Inc.: Dudley believes we shouldn't try to change the whole world, we just need to change our part of it. "We've made leadership into something bigger than us, something beyond us, we made it about changing the world. We've taken the title of leader and made it into something that one day we're going to deserve."

Sol Guy, film producer, K'Naan's manager, and creator of MTV's 4REAL: Guy expressed the importance of people, the planet and profit, but the biggest "P" he pushed was passion. "How do you give real change? I think you need to be a better human, because living is giving. You've got to show up every day, passionate."

Amanda Sussman, senior advisor to Plan International, Canada: Sussman questioned: if you can do one action, how can you make sure that it has a chance of moving something forward? "I believe change does happen, but it happens in small steps ... If we want [politicians] to truly represent our views, we have to make them known loud and clear."

Trey Anthony, creator and star of GlobalTV's da Kink in my Hair: Break out of the box that they've put you in, that you've put yourself in."

Neil Pasricha, bestselling author of The Book of Awesome: Look at things like you are looking at them for the first time, it will bring out new experiences and open your eyes to the good that is already there or could be. "If you live your life with a great attitude, with a sense of awareness of the world around you, embracing your inner three-year-old and being authentic to yourself, letting your heart lead you and putting you in experiences that satisfy you, then I think you'll live a life that is rich and satisfying. I think you will live a life that is truly awesome."

Besides doing what you love or quitting the job you hate, she urges you to leave the world in a better place than when you showed up. "Dream beyond your circumstances.

Three D effect

▶ Dr. Catherine Zahn, CEO of the Centre for Addictions and Mental Health (CAMH), delivered a heart-warming speech on mental illness that can be considered in other areas as well. "I want you to discover, discuss and demand," she said. "Learn more about mental illness and the issues that people face. Talk about it to everybody, and listen to people who have these experiences. Demand that great social injustice that sits on people with mental illness is rectified."

Beyond Radiohead

Drummer Philip Selway has found his solo voice
That means he's okay with following someone else's beat

Radiohead drummer Philip Selway ventured into uncharted territory with the release his first solo album, Familial. Not only does he join band mates Thom Yorke and Jonny Greenwood with a solo project to his credit, but Selway also became a full-fledged singer on the record.

It was quite an arduous task, since he never did more than background vocals on a Radiohead record. To fill his drumming role, he tapped Wilco drummer Glenn Kotche for the album.

In a recent interview, Selway shared his enthusiasm for the record, his admiration for Kotche, and the familial bond within Radiohead.

JEFF CHRISTENSEN/THE ASSOCIATED PRESS

▶ Selway is now back working on Radiohead material.

What compelled you to put out a solo record?
I suppose going back about three or four years ago — that was the point where I actually really decided to make a record. I had little fragments of songs coming together in the years running up to that, and then it got to the point where, actually I could see a collection of songs emerging from it. Something that I actually felt had a particular character, which I suppose is me, in there. And stuff that wasn't that appropriate to Radiohead, either.

Is there a different kind of nervous anticipation with a solo record?
Yes. In a band, you share the responsibility, but with Familial, it's my name on the record, so it's my reputation on the line in a good way and a bad way — hopefully good.

What was the motivation for this group of songs?
I suppose, consciously, with the Radiohead aspect of it, I thought, "Well, I'm going to do this outside Radiohead, so it's something that I wouldn't do in that context." It had to be something that reflected the way that the songs were written. It was a very private process for me.

What was the collaboration like between you and Kotche?
That was great actually. When I was writing the songs, I didn't really hear drum parts in my head. I drummed on one song, which is the third song on the record called A Simple Life. So to actually meet Glenn — (an) amazing drummer, very versatile, very unique take on kit playing, and general percussion — and to see, there was something percussive in it that he brought out, added extra depth to it. It was fascinating. I sat there with my notebook getting ideas for future drumming of my own.

Now that you've got a taste of being a solo artist, is it something you want to pursue further?
At some point I'd like to make another record. I'm still writing material. ... We are straight in the middle of recording Radiohead material, so I will be immersing myself in that as well.

What is the chemistry like in Radiohead?
It is a very strong bond in there. It's not like a group of friends. It's not like a group of colleagues. It is much more akin to a sibling relationship where you have all these common experiences. ... It dates right back to when we were all at school together. You've been through all those life changes together, effectively from being boys to toying with the idea of being adults, and sticking, actually, to being boys again.

Will the next Radiohead album be a download like In Rainbows?
No idea. We got to finish it, then we will find out what's appropriate to it, and what's appropriate in the music industry at the time, because that changes at the drop of a hat.

THE ASSOCIATED PRESS

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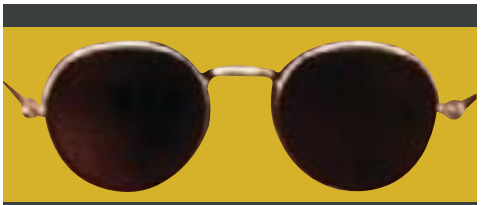

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World Cup full of winners

Despite some flaws, the Homeless World Cup is changing lives A way to halt a downward spiral

In some ways, Dave Bidini found writing a book about the Homeless World Cup a little like booting a ball into a wide-open net — it simply wasn't hard to find compelling stories.

"It was like walking into a living novel," said Bidini, the author of Home and Away: In Search of Dreams at the Homeless World Cup of Soccer, during an interview this week in Toronto.

"You had 600 street soccer players from around the world, all with these completely divergent yet kind of universal experiences coming together. It wasn't hard. And a lot of my job was really eavesdropping."

Bidini, author and former guitarist for the Rheostatics, trailed Canada's four-person entry to the 2008 event in Melbourne, Australia.

Canada's squad included Krystal, a teenage runaway from Toronto's hardscrabble Regent Park neighbourhood, Jerry, a pudgy seat-cushion salesman, and Billy Pagonis, a former member of Canada's national soccer team who saw his professional career deteriorate as he became addicted to OxyContin and cocaine.

"What surprised me was how ... like you and I the players were," Bidini said. "With a little bit of bad luck ... you can descend like that."

Bidini was initially skeptical that the tournament could make a real difference until he witnessed the restorative power of soccer in person.

"I thought those numbers were stretched a little bit, but seeing the experience of the Canadian team firsthand, those numbers are really accurate," Bidini said.

"The four athletes who went to Melbourne for the tournament all appear to be doing really well."

Pagonis, for instance, has been clean for more than two years. He's reconnected with his parents and shares a home with them in Toronto.

Krystal, who emerged as one of the most talented players in the tournament, came home to finish high-school and is playing soccer professionally in Toronto.

Still, Bidini has concerns with the larger Homeless World Cup. The Canadian team brings players regardless of their abilities — as Bidini puts it, "they bring players who are going to benefit most from the experience, and maybe if you can play a little soccer, that's great."

But other countries have taken a more competitive approach, and as a result, lopsided scores are common — as an example, Canada lost its opening match to Ireland this year 14-0.

It's an issue organizers will need to confront, Bidini says. "It's a tough one. They have to figure out a way to deal with that."

THE CANADIAN PRESS

Route to change

The Homeless World Cup launched in Graz, Austria in 2003 with the aim of using soccer to encourage the homeless to change their lives. The 2010 edition just wrapped in Rio de Janeiro, Brazil.

70 per cent Organizers of the tournament say that 70 per cent of the players who participate experience a "significant life change," whether it involves kicking a dependency to drugs and alcohol, finding a home or job, repairing damaged relationships or pursuing an education.

ADRIEN VECZAN/THE CANADIAN PRESS/

▶ Author Dave Bidini had no trouble getting homeless participants to talk about their lives.

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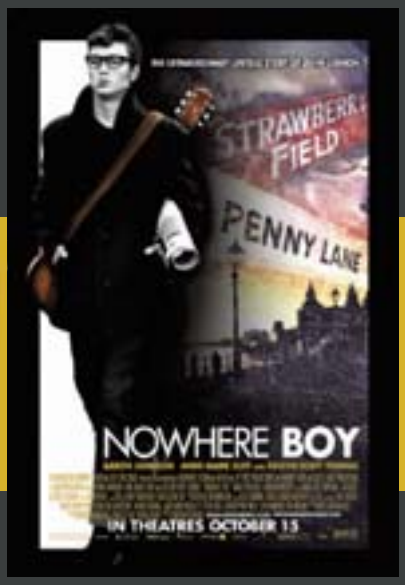

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More fun than an MRI

Childrens' Hospital brought its twisted world view from the Internet to cable television

Sexy young doctors fall in and out of love with each other — when they're not busy saving lives in the most impossible, dramatic ways.

But we're not talking about Grey's Anatomy, Private Practice or House. This is Childrens' Hospital, the best medical drama on television — and the funniest.

The series, which comes from the twisted mind of Rob Corddry and airs on Cartoon Network's late-night Adult Swim lineup, is a fast-paced, deadly serious parody of a genre that can be formulaic, melodramatic and — for millions of viewers — addictive. Patients and doctors alike die and come back to life. They smoke indoors and engage in random make-out sessions in the hallways. Sometimes they even operate on themselves.

Corddry, the show's creator, also stars as the clueless Dr. Blake Downs, who wears clown makeup and treats patients with the healing power of laughter (shades of Patch Adams). Among the talented ensemble cast are Ken Marino, Lake Bell, Malin Akerman, Erinn Hayes and Rob Huebel, with TV comedy veterans Henry Winkler and Megan Mullally respectively playing the hospital administrator and chief of staff.

The show began life in 2008 as a series of five-minute webisodes on TheWB.com. A year later, it won a Webby Award for best comedy series. Now on Adult Swim, it's in its second season, which runs until November, and the network said it is planning a third season, which is scheduled to start airing in the second quarter of 2011.

▶ Rob Corddry stars as the clueless Dr. Blake Downs.

Childrens Hospital is on Sundays at midnight but draws about 1.3 million viewers each week.

Corddry, the former "Daily Show" correspondent, got the idea for it when he and his wife had to take their daughter to Childrens Hospital Los Angeles with an injury.

"It was just a horrible place — so obviously the worst place for beautiful doctors to have sex with each other," he said.

This was during the writers strike that shut down production for 100 days, when several series were being developed exclusively for the web. Some programs, such as quarterlife, made the transition to television with little success. But Corddry never envisioned doing that with Childrens' Hospital because "I just didn't think this kind of humour could sustain itself for 22 minutes."

But Mike Lazzo, Adult Swim's senior vice-president of programming and production, had heard about the show and was intrigued.

"I was obsessed with St. Elsewhere in my 20s. I just checked it out and was astonished that it was not sweeping the world," Lazzo said. "What I loved most about it is, you could tell they love television, they love poking fun at television."

And while each episode is scripted, there's also improvisation.

"The script is our Bible that we go by, but oftentimes these guys are much funnier on the fly than I am in front of my computer," Corddry said.

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Model Klum quits Victoria's Secret

- No reason given for split with lingerie line
- Klum working on own collection

Heidi Klum is hanging up her wings.

The supermodel said Friday that she is ending her work as part of the Victoria's Secret stable of models, dubbed angels, at the age of 37.

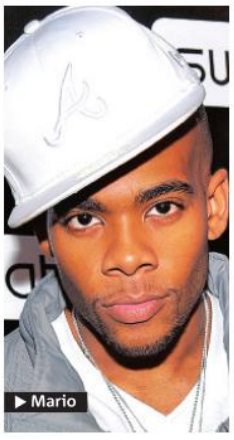
Last year, Klum walked the lingerie retailer's runway just five weeks after giving birth. On Friday, she said, "All good things have to come to an end. I will always love Victoria and never tell her secret."

No reason was given for the split, but Klum said she would focus on other projects. The Project Runway host is also creating an activewear collection with New Balance, to be sold on Amazon. **THE ASSOCIATED PRESS**

▶ Heidi Klum

Producer Cannell dead

OBIT. Stephen J. Cannell, the voracious writer-producer of dozens of series that included TV favourites The Rockford Files and The A-Team, has died at age 69. Cannell passed away at his home in Pasadena, Calif., on Thursday from complications associated with melanoma. During three decades as a producer, he distinguished himself as an outgoing chap who was generally identified with action dramas. **THE ASSOCIATED PRESS**



▶ Mario

R&B singer accused of assaulting mom

R&B singer and former Dancing with the Stars contestant Mario has been charged with assaulting his mother at their Baltimore home.

Officers were called to an apartment building in the Fells Point neighbourhood early Friday, where police say Shawntia Hardaway told officers her 24-year-old son, Mario Barrett, had pushed her.

According to charging documents, Hardaway said her head still hurt after Barrett pushed her into in a wall in a separate instance on Monday and she feared for her life. Officers found broken glass and a hole in a door in their apartment.

Barrett's attorney, William "Hassan" Murphy III, calls it "an unfortunate incident" between a loving son and a mother who has had drug problems. **THE ASSOCIATED PRESS**

Talking points

Who's afraid of the press?

HEADLINE WATCH. Former Grey's Anatomy star Katherine Heigl says she's happy to make headlines, but stories about her in the media are often exaggerated.

Heigl's comments in the past have been known to make waves in the entertainment world. She called the 2007 comedy Knocked Up, in which she starred, "a little sexist." Later, she refused to seek an Emmy nomination after saying Grey's writers didn't give her enough award-worthy material.

Heigl says she doesn't have "any major problem" with what's written about her. But she adds that she tries to keep her perspective so she doesn't believe her own press.

The actress was speaking in New York at the world premiere of her latest dramedy, Life as We Know It, which opens soon. **THE ASSOCIATED PRESS**

Another Paris reality show

TV. Oxygen is putting Paris Hilton back on the air in another reality series documenting her life. The network said this week that the series is so far untitled and will be an all-encompassing look at the hotel heiress' friends, family and relationships.

The series has not yet begun production. No premiere date has been set. Her previous TV series have included The Simple Life and My New BFF.

Oxygen is a unit of NBC Universal, which is owned by General Electric Co. **THE ASSOCIATED PRESS**

Paris Hilton

Just veggies? No, thanks

CANDIDATE TALK. Delaware Republican Senate candidate Christine O'Donnell once told a TV interviewer that she tried several religions but skipped becoming a Hare Krishna because she didn't want to be vegetarian.

Bill Maher aired the clip of that July 9, 1999, interview with O'Donnell on Friday night on his show Real Time with Bill Maher. The short clip was from an interview on the comedian's former show Politically Incorrect.

O'Donnell tells Maher that she had dabbled in "every other kind of religion," including witchcraft and Buddhism, before becoming a Christian.

With a laugh, she said: "I would have become a Hare Krishna, but I didn't want to become a vegetarian. And that is honestly the reason why, because I'm Italian and I love meatballs."

It's the third clip of O'Donnell that Maher has shown since she won her state's GOP primary last month.

Reached by phone, O'Donnell campaign spokesman Chris Merola had no immediate comment. **THE ASSOCIATED PRESS**

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Never take fire safety lightly

Sparky says: Replace old smoke alarms and never remove batteries!

▶ Smoke alarms can, and do, save lives. Be sure to keep yours in working order.

During Fire Prevention Week, which runs through to Oct. 9, Sparky the Fire Dog teams up with firefighters and school teachers to encourage smart fire safety habits that save lives.

Smoke alarm tampering is at the top of Sparky's "no-no" list. Taking batteries out of a smoke alarm, or removing it from the ceiling when it goes off because of cooking smoke or shower steam, puts a family at serious risk. Canadian research shows that more than 50 per cent of people who tamper with their smoke alarms forget to later re-install the batteries or the alarm itself. This leaves them without early warning should a fire break out.

"A smoke alarm doubles your chance of escaping a fire," says Carol Heller, a home safety specialist at Kidde, Canada's leading fire protection company. "If nuisance alarms are a problem, check to see that you have installed the correct type of smoke alarm in each location on every storey of your home. That way, false alarms can be reduced significantly. And remember to only buy smoke alarms that have a push-button or remote control "hush" feature. This allows you to easily silence a false alarm and still stay safe while the smoke clears." NEWS CANADA

Replacements

Sparky's other top fire safety tip is to replace old smoke alarms. Over time, sensors become coated in dust and other airborne particles and sensitivity may be lost. So whether they are battery operated or wired into your home's electrical system, Sparky and the National Fire Protection Association say replace all smoke alarms after 10 years.

Have a fire escape plan?

It's easy to think a fire "will never happen to me." But if it does, will everyone in your family know what to do?

The Canadian Association of Fire Chiefs and its fire education partners Kidde Canada and Duracell will encourage all families to create and practice a fire escape plan as part of the Great Canadian Fire Drill campaign.

Statistics show that most fires start at night, when sleepiness and darkness cause confusion and reduce reaction times. That's when having a plan to escape — that has been practiced by all family members — becomes critical.

Educational experts have collaborated with the CAFC to compile these fire escape plan tips:

- Draw a floor plan that shows all doors and windows.
- Mark two ways out of each room, if possible.
- Mark the location of all smoke alarms with "SA." There should be one smoke alarm on every storey of your home and outside sleeping areas. Make sure children recognize the sound of a smoke alarm.
- Test each alarm, replace batteries if necessary. Replace immediately any smoke alarm that is over 10 years old.
- Pick an outside meeting place e.g. "the large tree on the Wilson's front lawn five houses down" and mark it on your plan.
- Practise the escape plan twice each year.

NEWS CANADA

NEWS CANADA

▶ Make a fire escape plan.

3 life

Pets

Get ready for puppy tweets

So your dog follows your every move around the house. Now, when you leave home, you can follow your dog. Puppy Tweets is an electronic dog tag with a sensor that you attach to your dog's collar. It detects your pet's movements and sounds and sends a variety of tweets to a Twitter page you set up for your dog on a computer or smart phone.

THE ASSOCIATED PRESS

Studies say beetroot juice could help athletes exercise longer. Scan code for more.

Fill up and lose fat

If you're trying to lose weight, filling up on fibre and low-calorie liquids are key

Low-fat soups especially varieties that are loaded with nutrient-rich vegetables, are an excellent way to go if you're looking to lose fat. They are both filling and low in calories

Vegetables, besides being loaded with vitamins and minerals, primarily consist of water and fibre, which help to curb hunger.

And if you add grains, such as rice or whole-wheat pasta, you get lots of soluble dietary fibre, which have been shown to be appetite-satisfying, while also helping the body maintain healthy blood sugar levels.

Low-fat proteins, such as white-meat chicken and turkey, tofu, low-fat cheese and yogurt, also help to fill you up. Beans and other legumes, such as lentils, are an excellent source of both rib-sticking protein and fibre.

This cheesy baked lentils, rice and turkey casserole is a heartwarming comfort dish that contains a little bit of all these foods.

Lean, ground turkey and rice are combined with canned lentil soup, which in the twist of a can opener provides protein, fibre and flavour to this dish. The recipe calls for fresh spinach, but sauteed Swiss chard or broccoli could be substituted.

Cheesy Baked Lentils, Rice and Turkey Casserole

Preparation:

1. Heat oven to 200 C (400 F). Coat a 2-l (8-cup) baking dish with cooking spray.

Cheesy Baked Lentils, Rice and Turkey Casserole

Ingredients :

- 5 ml (1 tsp) extra-virgin olive oil
- 250 g (8 oz) turkey breast, cut into bite-size cubes
- 1 small yellow onion, chopped
- 500 ml (2 cups) fresh spinach, packed
- 1 can (540 ml/19 oz) lentil soup
- 175 ml (3/4 cup) converted (parboiled) brown rice
- 2 ml (1/2 tsp) dried thyme
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 50 ml (1/4 cup) water
- 125 ml (1/2 cup) grated reduced-fat Swiss cheese
- 125 ml (1/2 cup) grated extra-sharp cheddar cheese

2. In a large skillet over medium-high, heat oil. Add turkey and onion and saute until turkey is no longer pink, about 5 minutes. Add spinach and saute for another minute. Transfer mixture to prepared baking dish.

3. Add soup, rice, thyme, salt, pepper and water. Stir to combine. Cover baking dish tightly with foil and bake for 40 minutes or until rice has absorbed all the liquid.

4. Uncover and sprinkle with both cheeses. Bake for another 5 minutes or until cheeses have melted. Makes 4 servings.

THE ASSOCIATED PRESS

LARRY CROWE/THE ASSOCIATED PRESS

▶ This cheesy baked lentils, rice and turkey casserole takes 1 hour 5 minutes to make, with only 20 minutes active.

Television

Bon appetit: Food Network Canada now a decade old

When Food Network Canada launched a decade ago, its behind-the-scenes operations resembled an episode of Iron Chef, with homegrown programs cooked up under tight deadlines.

"It was very much sort of: 'OK, we'll fly by the seat of our pants,'" says Emily Morgan, vice-president of content at the station that turned 10 on Saturday and is the focus of a special edition of TV Guide Canada magazine that hits newsstands today.

"It was a lot of programming that had to be created in a very short period of time in order to make the Canadian content hours for this new service, which was, and is, 50 per cent of the schedule."

At launch, the network had 22 programs on the docket and two million subscribers. It has 42 programs on its current schedule and six million subscribers.

In the early days, Food Network Canada's schedule was a mix of instructional, chef-based and food-travel programs, and many of the original shows were taped at a downtown studio.

"Things were a lot looser back then," says Chef at Home host Michael Smith. "It was kind of a 'Wild West frontier, anything goes' kind of feeling."

THE ASSOCIATED PRESS

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GET INTO A NEW CYCLE OF DISHWASHING

QUESTION:
My dishwasher recently died. How can I choose an energy-efficient model and then get rid of my old clunker?

David from Calgary, AB

Let's cover the often-overlooked issue of disposal first. Most cities have large-item pick-up or drop-off programs that run throughout the year. Always check your city's website.

You're in Calgary, so I went straight to its website. Calgary has a Throw 'n' Go program with facilities set up at the entrance of all three city landfills. They'll accept your appliance for a charge. You may want to inquire about the disposal fee by calling 3-1-1.

When it comes to all types of appliances, look for the Energy Star logo.

Energy Star is an American-based program, but here in Canada, federal law requires that the EnerGuide label be placed on all new electrical appliances manufactured in or imported into Canada. This label indicates the amount of electricity used by that appliance. When you're looking at display models, find the EnerGuide label to compare the energy use of similar models and estimate annual operating costs.

And last but not least, don't overlook the type of soap you'll be using in your new dishwasher. If you haven't switched to an eco-friendlier option — one without phosphates or chlorine — now's the time. How will you know it's free of harmful chemicals? Choose a soap that has all the ingredients listed on the label. You'll be surprised at the lack of transparency which will make your decision quite easy.

David Suzuki Foundation

Great lawns, green methods

LEE REICH/THE ASSOCIATED PRESS

▶ The trend in so many home projects these days —from growing vegetables to hanging out the laundry — is toward doing it yourself, going green, simplifying.

Flawless lawns don't exist naturally ◗ What to do to get a professional look without harming the Earth

The trend in so many home projects these days — from growing vegetables to hanging out the laundry — is toward doing it yourself, going green, simplifying. But anyone who wants to take that approach to lawn care had better be ready for research and hard work.

The lawn turns out to be a humbling, non-relaxing, never-ending project served by a conflicting mess of information, intentions, guilt and crazy internal accounting. It's not so easy to decide:

Do you do it yourself, or go with a pro?

That first summer, it became clear that most of our neighbours employed professionals, who careened around on noisy, air clogging, gas-guzzling power mowers and planted ominous yellow flags warning of herbicide use. Surely, I reasoned, lawn maintenance was not so difficult or important that we couldn't care for our little lawn without poisoning the entire neighbourhood.

By the next summer, our fragile lawn was sprouting crabgrass and harbouring grubs.

Can you be ecological and effective?

For a few years, our greenish yard was ecologically sound, though it lacked the professional sheen of the neighbouring lawns. The gardener, who was more of a mower and self-proclaimed non-expert, suspected my no-toxins rule was to blame.

There were some inexpensive, innocuous solutions for weeds, like vinegar or lemon juice; wouldn't it be virtuous to use those?

Here's the problem: Virtue is time consuming and labour intensive.

If I stand on my neighbour's beautiful, if toxic, grass and look at mine, I am ashamed of my raggedy lawn. I guess a flawless lawn just doesn't exist naturally, but good practices will minimize the need for chemicals.

THE ASSOCIATED PRESS

Cow manure

Give it a try

▶ **Use** cow manure for fertilizer as it has a pre-emergent herbicide in the spring, which prevents seed germination.

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▶ If you're being sidelined during meetings, respond with a pause and try to figure out the why.

Clear message key to communication

Getting the cold shoulder at work? Regroup and try to understand why ◆ Don't let your emotions get in the way ◆ Put an emphasis on clarity

DREW HINSHAW
LIFE@METRONEWS.CA

The harshest blow to your office ego can be the gentle brush aside: the aggravating discovery that your helpful input is bouncing back off cold shoulders and apathetic, nodding heads.

Being sidelined during conferences can boil up rage out of otherwise cool professionals. Which is why career counselors suggest you respond with a pause — and if you're feeling tuned out, tune in on why.

"On some level, everybody wants to be heard, but if that's not happening, you need to understand what's going on," career counselor Lynn Berger advises. "Approach somebody else at the meeting and ask what's happening," she suggests.

"Maybe you're in the wrong regime," adds ExecutiveCoachNY.com counselor Jane Cranston. "If people keep ignoring your input, it may be a clue that you're out."

It could also be a clue that you're hedging your two cents with too much timidity, and too little pizzazz. Voicing suggestions, Cranston points out, is all about the wind-up pitch, that flair for evocative details that turns a routine purchase of payroll software into a landmark moment in corporate history.

"Saying things louder doesn't help, and neither does repeating things a million times. You become a broken record."
JANE CRANSTON

"People might not be hearing you because you're not delivering the message right," Berger concurs. If not, try a change of scenery.

"Schedule a time and place," Cranston offers. "Tell your boss, 'I have something to add, I'd like to have five minutes of your time share it.'" Refrain from blame-casting, she adds. "Assume you were the poor communicator," she suggests.

"Say 'Maybe I didn't make myself clear when I was explaining this.'"

Keep your indoor voice to yourself and don't let your frustration steam out into the open. Awkward air is one way to alienate colleagues, and spoil your rep. When your points are being shrugged away, Cranston says, you must be all the more diplomatic.

If it's a matter of urgency — say you're that lackey on the oil rig who saw the blinking red bulb — substitute volume and repetition for clarity.

"If by them not listening there's a real danger involved, then you confront," Cranston explains. "Tell them, 'It's my job to warn you that this is a problem. If you don't want to hear it, that's one thing, but I'm responsible for telling you."

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TurningPoint

TERESA KRUZE
LIFE@METRONEWS.CA

INCREDIBLE PEOPLE, INSPIRING CAREERS

"Can you do a post game report from the Calgary Flames' locker room?" The call from TSN that I had been dreading had finally arrived. It was time to deliver — or move on.

My hands began to shake after the game and as I walked into the locker room I was in full blown panic mode. Only daring to look at the red rug on the floor, I followed my cameraman's feet to the first scrum.

Quickly looking up, I did the interview plus three others in the room and then ran out of there and filed my story. The year was 1986 and one month later TSN offered me a contract making me one of Canada's first female sportscasters. It was a huge turning point in my life.

Over the years I have become fascinated by people that have succeeded in life despite facing huge odds. I like the stories of the nurse who became CEO of one of the world's best hospitals or the man that was fired and became a multi millionaire after starting his own company.

As we recover from one of the worst recessions in decades, we need to inspire one another to go after our goals no matter how out of reach they may seem.

In the coming months, I will be writing about incredible people who have looked past their doubts and insecurities and have gone on to achieve success. It'll be your Monday morning dose of inspiration. Make it a turning point for you.

coming soon

In the coming months TurningPoint will feature:

- A Vancouver man that stopped for a hamburger and left with an idea for a billion-dollar company.
- A lawyer that walked away from his practice to become an author and one of the world's most successful leadership advisors.
- Three mothers who were turned down by all the banks finally found a way to open their successful children's bookstore.
- A model who threw away her scale and is now inspiring woman and girls of all sizes to redefine their image of beauty.

Kruze control

When looking for inspiration in life, Teresa Kruze thinks about these sayings:

- Never sit in the rocking chair of life and say, "I wish I would have."
- Don't be afraid to fail or take risks. At least you can say you tried.
- Don't be so hard on yourself — you don't have to be perfect.
- Get out there and do it.

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Electricians make the right connections

Attitudes about profession have changed over the years ◗ Good electricians never stop learning

KEITH CARMAN
LIFE@METRONEWS.CA

When Will Demelo was growing up his parents used to say that if he didn't work hard in school he would end working as a tradesman.

Demelo did work hard in school, but he ended up becoming a skilled trade anyway. Over the years he has watched as attitudes about the multitude of professions that fall under the category "trades" have changed.

"A lot of people are changing their views on trades, especially those like plumbers and electricians.

"It's a great way to make a living, different every day and there will always be a need for electrical workers," says Demelo, who is a skilled electrician. At 44 years-old and with almost half of his life dedicated to the profession — the last dozen as co-owner of an Oakville-based service and industrial installation company — Demelo would know.

"People are really starting to understand and appreciate the value of skilled labour."
WILL DEMELO

The process of becoming a qualified electrician is pretty straightforward, not to mention financial rewarding. After completeing post-secondary training, an apprenticeship and certification, technicians can earn about $60,000 per year in salary, before overtime is calculated.

Many prospective candidates still wonder what needs to be done to join the ranks of what are often call wiremen? Demelo has some pretty simple advice.

"Think about what you want to do," he states. "Do you want to specialize and maintain industrial machines when they break down? Do general work on construction sites and homes? Decide on what area you want to work in, then look for a school that you like."

He suggests conducting research on the vast number of facilities — both public and private colleges — that offer courses online or in-class for duration, topics and ratings, as they vary widely. Courses generally run anywhere from a few weeks to a number of months.

▶ Skilled trades are in demand and can earn a very health salary.

Once sessions have completed, expect to complete a minimum nine thousand hours of in-field apprenticeship before testing to attain a Certificate of Qualification.

Applicants must attain 70 per cent or higher on their test in order to enter the workforce. At that point they can choose to either go out on their own or become a member of the International Brotherhood of Electrical Workers (IBEW) union.

Those wishing to start their own business may also get training to become what's called a master electrician. To that extent, Demelo notes that regardless of status, good electricians never stop learning.

"Once you have the basics down, it applies to most facets of this trade but there are always upgrade courses. It's advisable to stay abreast of what's going on in your field."

First and foremost however, he stresses test-driving the profession before giving up months of tuition and testing only to realize it's not for you. Offer up a few Saturdays of free labour or enrol in a co-operative placement before going all-in.

"See if it's for you before committing. This job is great on a sunny day but sometimes you're under a machine in a 100 degree factory or on a roof in January and it's 20 below. Don't commit, then realize you're not used to working in the elements."

Make sure to learn the basics

Running current through copper is only one aspect of electrical work.

Demelo recalls many times where a student electrician has claimed to know rudimentary aspects of hands-on labour with disastrous results: Shattered saws, damaged drills and burned-out drill bits.

"Most of my job is mechanical: drilling, tapping, cutting pipe, dealing with plaster, brick and what-not ... the calculations and actually pulling wires come into play later," he sighs.

"You need these essentials. Take your pre-apprenticeship classes, but learn the basics no matter what."

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Learning to break bad habits

Parents and kids should not be afraid to ask for help Move fast to identify and address problems

▶ Identifying bad habits early can help students have a more successful school year.

Now that the school year is well underway, students — and parents — are settling back into the school groove.

Unfortunately, some students can also find themselves settling back into bad habits from previous years.

"It's important to start the new school year off on the right foot," said Dr. Nick Whitehead, founder and CEO of Oxford Learning. "The habits that students develop in the early weeks can stick with them for the entire year."

"Knowing what the challenges are, and getting help with these areas before they become issues, is a great way to avoid repeating bad habits."
NICK WHITEHEAD

According to Dr. Whitehead, the sooner that students make good school habits part of their daily routine, the more likely that they will keep these habits for the entire school year. The trick, he says, is to implement good school habits as soon as possible, or else bad habits can sneak back.

So how do parents and students implement good school habits for the entire school year?

Dr. Whitehead recommends that parents take out last year's final report card and review the teacher's comments.

"If there are school issues from last year that weren't addressed over the summer, it's likely that they will become problems again this year," he says.

Dr. Whitehead also recommends that parents reintroduce school-year routines such as limiting TV and computer time, setting bedtimes and wake up times, and using a family wall calendar to keep track of chores and social activities. **NEWS CANADA**

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News in brief

Seneca sets record for enrolment

GROWTH Seneca College reports it has hit its highest enrolment this fall in its 43-year history.

With a full-time student population of 20,945, Seneca has seen its enrolment grow 4.6 per cent over fall 2009, including over 2,600 international students.
METRO

Ryerson plots India strategy

OUTREACH Ryerson University's Ted Rogers School of Management has set up an India strategy group to chalk out its plans for the South Asian country, which includes offering its world-class courses to Indian students and forging ties with Indian universities.

Although students of Indian origin account for about 10 per cent of undergraduate courses, there are not many from India, says the school's dean. There are, however, quite a few students from India in graduate programs.
METRO

Cito rides off into sunset with a win

Home runs keep coming as Blue Jays defeat Twins in Gaston's final game before retirement

2	1
BLUE JAYS	TWINS

The Blue Jays blasted a few more home runs as a send-off present for their retiring manager Cito Gaston.

Edwin Encarnacion and Adam Lind both went deep, adding to Toronto's major league-leading total, to lift Toronto to a 2-1 victory yesterday in the regular-season finale over the playoff-bound Twins.

"It was nice to see him win and ride off into the sunset," Lind said.

This was the last game for Gaston, who accepted a $2,500 donation from the Twins on his behalf to the Blue Jays' charity fund.

Two of Gaston's former players who are also former Twins, Paul Molitor and Jack Morris, joined Twins manager Ron Gardenhire and Minnesota second baseman Orlando Hudson, himself a former Blue Jays player, at home plate to honour Gaston.

Gaston finished 211-201 in his second stint with the Blue Jays — no World Series titles, but a competitive stint in arguably baseball's toughest division. He had a 913-851 regular-season record in 12 seasons, plus 18-16 in post-season play.

Toronto finished with eight wins in its last 10 games to reach 85-77.

"I really think the theme they came up with for this year — heart and hustle — has really been appropriate," Gaston said. "They never quit. We lost some tough ones this year."

Encarnacion finished with 21 homers this season, seven against the Twins and five in this four-game series. The Blue Jays went deep 10 times this weekend at Target Field, so far one of the hardest ballparks to hit one out of.

THE ASSOCIATED PRESS

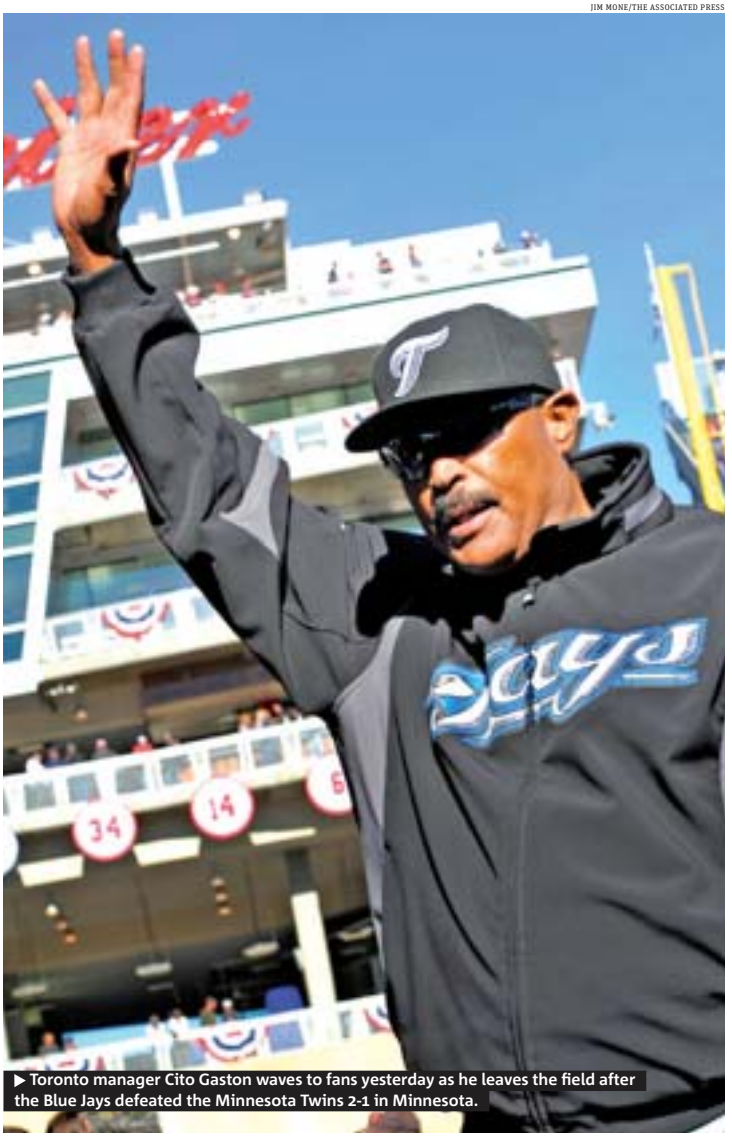
Twins vs. Yankees

- The Twins learned minutes after the game their first-round playoff opponent is the New York Yankees.

257

The Blue Jays went deep 257 times this season, matching the 1996 Baltimore Orioles for the third-most in history. The 1997 Seattle Mariners hold the record, with 264 homers.

JIM MONE/THE ASSOCIATED PRESS



▶ Toronto manager Cito Gaston waves to fans yesterday as he leaves the field after the Blue Jays defeated the Minnesota Twins 2-1 in Minnesota.

Loud cheer for Canada at Games ceremony

Decked out in white caps and flashing beaming smiles, Canadian athletes earned a loud cheer from the crowd when they marched during yesterday's opening ceremonies at the Commonwealth Games. Flag-bearer Ken Pereira led the Canadian team into the 60,000-seat Jawaharlal Nehru Stadium to the pulsating rhythms of traditional Indian drums and snake-charming wind instruments.

THE CANADIAN PRESS

120

Number of Canadian athletes who took part in the opening ceremonies, out of 260.

FENG LI/GETTY IMAGES

Sports in brief

Europe leads at Ryder Cup

GOLF. Europe nearly pulled off a clean sweep at the Ryder Cup, surging into the lead by claiming all but a half-point in the last session of team matches. The Americans face a daunting 9½-6½ deficit after their dismal performance yesterday at soggy Celtic Manor. Tiger Woods took the worst loss of his Ryder Cup career, Phil Mickelson became the U.S. player with the most losses ever and the Europeans won five points and halved the other match.

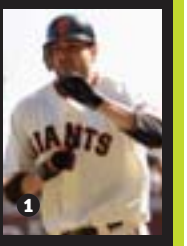
Chelsea blanks Arsenal 2-0

SOCCER. Chelsea took a four-point lead atop the Premier League yesterday following a 2-0 win over Arsenal while Liverpool's terrible season reached a new low with a 2-1 home loss to Blackpool.

THE ASSOCIATED PRESS

4 sports

Sports in brief



1 Jonathan Sanchez pitched the San Francisco Giants back into the playoffs, beating the San Diego Padres 3-0 yesterday to wrap up the NL West title. San Francisco will host the wild-card Atlanta Braves starting Thursday.

2 Ricky Ray ran in a fourth-quarter touchdown and passed for two more as the Edmonton Eskimos kept their playoff hopes alive with a narrow 37-35 victory over the Hamilton Tiger-Cats yesterday.

Scan for code for sports

Leafs prepare for final trim

Roster expected to be set today Mike Zigomanis among long shots with chance at making the team

If there's a dark horse to survive the Leafs' final cuts today, then Mike Zigomanis fits the bill.

Zigomanis remains a long shot among the final group of players waiting for the word, which is expected to come down in player meetings today, after management thrashed out its decision yesterday.

There's more toughness in Jay Rosehill; more experience with the Leafs in John Mitchell and Luca Caputi. But Zigomanis is a specialist — namely on faceoffs and penalty killing — and Leafs coach Ron Wilson gave Zigomanis a chance to display those abilities in the final exhibition game Saturday against Detroit — for a reason.

"Christian Hanson had a shoulder to shoulder hit (resulting in a minor injury), so it gave us an opportunity to see Mike Zigomanis in that role," Wilson said.

"In a spot where we don't have a lot of (options), doing the detail things. That's what we're looking for, getting the job done over potential. We might give potential a chance to grow on the Marlies."

If anything, that statement flattered Zigomanis. Not so much, though, the other bubble boys.

In fact, it's believed Zigomanis may have upstaged everyone on the bubble, and may be in a serious challenge for Christian Hanson's job as the fourth-line centre.

The other dogfight for a job appears to be between Mitchell and Caputi. Mitchell is likely to get the nod — even though Caputi had the better camp — but this will almost certainly be the last olive branch the organization extends Mitchell.

While he has tremendous skating skills and is a good penalty killer, he did little to win a job on the current roster.

TORSTAR NEWS SERVICE

Two-way deal

Zigomanis is currently on a two-way contract. That makes him an easy option — either to go to the Marlies today or after a few weeks in the regular season if the club decides to go with another player.

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Happy return for McNabb

Donovan McNabb heard cheers and the home team got all the boos.

McNabb threw for 125 yards and one touchdown, leading the Washington Redskins to a 17-12 victory over the Philadelphia Eagles yesterday in his first game against his former team.

Michael Vick was forced out in the first quarter with chest and rib injuries in his first start in front of the hometown crowd. Kevin Kolb, who was supposed to be McNabb's successor all along, replaced Vick after losing his starting job because he got hurt in Week 1.

So, the McNabb-Vick showdown turned into the McNabb-Kolb matchup everyone originally anticipated. But this one didn't live up to the hype.

17	12
REDSKINS	EAGLES

Washington had 169 yards rushing, including 55 by Clinton Portis before he left with a groin injury. Ryan Torain had 70 yards rushing and one TD. McNabb threw just 19 passes, completing eight and getting intercepted once.

The Redskins (2-2) snapped a two-game losing skid, improving to 2-0 in the NFC East. The Eagles (2-2) are winless at home.

THE ASSOCIATED PRESS

Elsewhere in the NFL yesterday

MARC SEROTA/GETTY IMAGES

Jaguars 31, Colts 28
Josh Scobee's 59-yard field goal on the final play gave Jacksonville a surprise win. The Jaguars (2-2) rebounded from consecutive lopsided losses — the worst back-to-back setbacks in team history — and handed the six-time defending AFC South champion Colts (2-2) their second division loss.

GREGORY SHAMUS/GETTY IMAGES

Ravens 17, Steelers 14
Joe Flacco withstood Pittsburgh's goal-line stand and go-ahead touchdown in the closing minutes to throw an 18-yard scoring pass to T.J. Houshmandzadeh with 32 seconds remaining to make certain the Steelers wouldn't go unbeaten without Ben Roethlisberger.

RICK STEWART/GETTY IMAGES

Jets 38, Bills 14
LaDainian Tomlinson had his best game in nearly two years, rushing for 133 yards and two touchdowns to lead New York over winless Buffalo.

Tomlinson had the 47th 100-yard game of his 10-year career — and first since he had 105 Oct. 26, 2008, when he was with San Diego.

With 12,831 yards rushing, Tomlinson also passed Tony Dorsett to move into seventh place on the NFL's career list.

RONALD MARTINEZ/GETTY IMAGES

Saints 16, Panthers 14
Only days after rejoining the Saints at age 46, **John Carney** hit three field goals to help New Orleans keep Carolina winless.

New Orleans (3-1) signed Carney last Tuesday, two days after Garrett Hartley had missed a 29-yard field goal in overtime in a 27-24 loss to Atlanta.

While the Saints were able to manage only one touchdown on a screen pass to Lance Moore, Carney hit twice from 32 yards and again from 25.

THEARON W. HENDERSON/GETTY IMAGES

Texans 31, Raiders 24
Arian Foster returned from an early game benching to score on a 74-yard run and a 10-yard catch in the second half to lead Houston.

Foster, a former practice squad player, has emerged as one of the biggest surprises of the NFL so far this season. Despite entering the game as the league's leading rusher, Foster was held out until midway through the second quarter in what the Texans (3-1) said was a "coach's decision."

JONATHAN DANIEL/GETTY IMAGES

Packers 28, Lions 26
Charles Woodson returned an interception 48 yards for a touchdown and Green Bay narrowly held off a comeback by Detroit.

The Packers (3-1) led 28-14 after Woodson scored early in the third quarter, but the Lions rallied for four straight Jason Hanson field goals to cut the lead to two points in the fourth quarter. A final drive by the Packers ran out the clock.

THE ASSOCIATED PRESS

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Conventional water heaters frequently run out of hot water after several back-to-back demands and often after only one shower or demand. The user must then wait for a long period of time for the heater to "refresh"

Overheating
To ensure a traditional heater refreshes at a reasonable rate, most heaters are set at very high temperatures (130F+). This wastes energy and increases risk of scalding, especially for children and the elderly.

Hard Water Minerals
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Halifax
Ottawa

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Tampa Bay	96	66	.593	—	—	5-5	W-2	49-32	47-34
y-New York	95	67	.586	1	—	3-7	L-2	52-29	43-38
Boston	89	73	.549	7	6	5-5	W-2	46-35	43-38
Toronto	85	77	.525	11	10	8-2	W-1	46-35	39-42
Baltimore	66	96	.407	30	29	5-5	L-1	37-44	29-52

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	94	68	.580	—	—	2-8	L-1	53-28	41-40
Chicago	88	74	.543	6	7	8-2	W-2	45-36	43-38
Detroit	81	81	.500	13	14	4-6	W-1	52-29	29-52
Cleveland	69	93	.426	25	26	7-3	L-2	38-43	31-50
Kansas City	67	95	.414	27	28	4-6	L-2	38-43	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	90	72	.556	—	—	6-4	L-1	51-30	39-42
Oakland	81	81	.500	9	14	4-6	W-4	47-34	34-47
Los Angeles	80	82	.494	10	15	5-5	W-1	43-38	37-44
Seattle	61	101	.377	29	34	3-7	L-5	35-46	26-55

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	97	65	.599	—	—	6-4	L-1	52-29	45-36
y-Atlanta	91	71	.562	6	—	5-5	W-1	56-25	35-46
Florida	80	82	.494	17	11	4-6	W-2	41-40	39-42
New York	79	83	.488	18	12	5-5	L-1	47-34	32-49
Washington	69	93	.426	28	22	5-5	W-1	41-40	28-53

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Cincinnati	91	71	.562	—	—	5-5	W-2	49-32	42-39
St. Louis	86	76	.531	5	5	8-2	W-5	52-29	34-47
Milwaukee	77	85	.475	14	14	6-4	L-2	40-41	37-44
Houston	76	86	.469	15	15	3-7	W-1	42-39	34-47
Chicago	75	87	.463	16	16	6-4	L-1	35-46	40-41
Pittsburgh	57	105	.352	34	34	4-6	L-2	40-41	17-64

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-San Francisco	92	70	.568	—	—	7-3	W-1	49-32	43-38
San Diego	90	72	.556	2	1	5-5	L-1	45-36	45-36
Colorado	83	79	.512	9	8	1-9	L-8	52-29	31-50
Los Angeles	80	82	.494	12	11	7-3	W-2	45-36	35-46
Arizona	65	97	.401	27	26	4-6	L-2	40-41	25-56

x-clinched division; y-clinched wild card

AMERICAN LEAGUE

Yesterday's results
Toronto 2 Minnesota 1
Detroit 4 Baltimore 2
Boston 8 N.Y. Yankees 4
Chicago White Sox 6 Cleveland 5
Tampa Bay 3 Kansas City 2 (12 ings.)
L.A. Angels 6 Texas 2
Oakland 4 Seattle 3

NATIONAL LEAGUE

Yesterday's results
Cincinnati 3 Milwaukee 2
Florida 5 Pittsburgh 2
Washington 2 N.Y. Mets 1 (14 ings.)
Atlanta 8 Philadelphia 7
Houston 4 Chicago Cubs 0
St. Louis 6 Colorado 1
San Francisco 3 San Diego 0
L.A. Dodgers 3 Arizona 1

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	95	67	.586	—

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	91	71	.562	-

2010 POSTSEASON

DIVISION SERIES

(BEST-OF-5)
(Note:Wild card teams play teams with best records unless in same division and wild card may not have home-field advantage)

AMERICAN LEAGUE

Tampa Bay (E) vs. Texas (W)
Wendesday's game
Texas (Lee 12-9) at Tampa Bay (Price 19-6)
Thursday's game
Texas (Wilson 15-8) at Tampa Bay (Garza 15-10)
Saturday's game
Tampa Bay (Davis 12-10 or Shields 13-15) at Texas (Lewis 12-13)
Minnesota (C) vs. N.Y. Yankees (wc)
Wednesday's game
New York (Sabathia 21-7) at Minnesota (Liriano 14-10)
Thursday's game
New York (Hughes 18-8 or Pettitte 11-3) at Minnesota (Pavano 17-11)
Saturday, Oct. 9
Minnesota (Duensing 10-3) at New York (Pettitte 11-3 or Hughes 18-8)

NATIONAL LEAGUE

Philadelphia (E) vs. Cincinnati (C)
Wednesday's game
Cincinnati (Volquez 4-3) at Philadelphia (Halladay 21-10)
Friday's game
Cincinnati (Arroyo 17-10) at Philadelphia (Oswalt 13-3)
Sunday, Oct. 10
Philadelphia (Hamels 12-11) at Cincinnati (Cueto 12-7)
San Francisco (W) vs. Atlanta (wc)
Thursday's game
Atlanta (Lowe 16-12) at San Francisco (Lincecum 16-10)
Friday's game
Atlanta (Hanson 10-11) at San Francisco (Cain 13-11)
Sunday, Oct. 10
San Francisco (Sanchez 13-9) at Atlanta (Hudson 17-9)

AMERICAN LEAGUE

BLUE JAYS 2, TWINS 1

Toronto	ab	r	h	bi	Minnesota	ab	r	h	bi
Wise cf	4	0	1	0	Span cf	4	0	0	0
JMcDnl ss	4	0	1	0	OHudsn 2b	2	1	1	0
JBautst dh	4	0	0	0	Punto 2b	2	0	0	0
Overay 1b	4	0	0	0	Mauer c	2	0	1	0
Lind lf	3	1	1	1	Butera c	1	0	0	0
Encrnc 3b	3	1	1	1	JMorls ph	1	0	0	0
Arencii c	2	0	0	0	DlmYn lf	2	0	0	0
JHoffpr 2b	3	0	0	0	Revere lf	2	0	0	0
McCoy rf	3	0	0	0	Thome dh	1	0	1	0
Plouffe pr-dh	3	0	1	1					
Cuddyr 1b	1	0	0	0					
Tolbert 1b	1	0	0	0					
Kubel rf	1	0	0	0					
Repko rf	2	0	0	0					
Valenci 3b	3	0	0	0					
Hardy ss	2	0	0	0					
ACasill ss	0	0	0	0					
Totals	**30**	**2**	**4**	**2**	**Totals**		**30**	**1**	**4**	**1**
Toronto					000	010	100	2	
Minnesota					000	100	000	1	

E—Overbay (6). DP—Toronto 1, Minnesota 1. LOB—Toronto 2, Minnesota 4. 2B—Mauer (43). HR—Lind (23), Encarnacion (21). SB—O.Hudson (10).

	IP	H	R	ER	BB	SO
Toronto						
Rzepczynski W,4-4	7	4	1	0	2	6
Carlson H,2	1	0	0	0	0	1
Camp S,2-4	1	0	0	0	0	1
Minnesota						
Blackburn L,10-12	7	3	2	2	1	6
Mijares	1	0	0	0	0	1
Perkins	1	1	0	0	0	0

T—2:01. A—40,664 (39,504) at Minneapolis.

SOCCER

MLS

Last night's result
Los Angeles 2 Chivas USA 1

ENGLAND

PREMIER LEAGUE

Yesterday's results
Chelsea 2 Arsenal 0
Liverpool 1 Blackpool 2
Manchester City 2 Newcastle 1

FRANCE

LIGUE 1

Yesterday's results
Lille 3 Montpellier 1
Paris Saint-Germain 0 Nice 0
Rennes 3 Toulouse 1

GERMANY

BUNDESLIGA

Yesterday's results
Bayer Leverkusen 2 Werder Bremen 2
Borussia Dortmund 2 Bayern Munich 0
Stuttgart 1 Eintracht Frankfurt 2

ITALY

SERIE A

Yesterday's results
Bologna 1 Sampdoria 1
Chievo Verona 0 Cagliari 0
Fiorentina 1 Palermo 2
Genoa 2 Bari 1
Inter Milan 0 Juventus 0
Lazio 1 Brescia 0
Lecce 1 Catania 0
Napoli 2 AS Roma 0

SPAIN

LA LIGA

Yesterday's results
Almeria 1 Malaga 1
Barcelona 1 Mallorca 1
Getafe 3 Hercules 0
Osasuna 1 Levante 1
Real Madrid 6 Deportivo La Coruna 1
Sevilla 3 Atletico Madrid 1
Villarreal 2 Racing Santander 0

NHL

PRE-SEASON

Yesterday's results
Nashville 3 Washington 0
Pittsburgh 5 Detroit 2
Buffalo 9 Philadelphia 3
Chicago 4 St. Louis 3
Calgary 1 Edmonton 0
Anaheim 3 Los Angeles 2 (OT)
Today's games
(All times Eastern)
Carolina at SKA St. Petersburg (Russia), 11 a.m.
Minnesota at Ilves Tampere (Finland), Noon
Tomorrow's games
Columbus at Malmo/Rogle BK (Sweden), 1 p.m.
Boston at HC Liberec (Czech Republic), 1 p.m.
Wednesday's game
Phoenix at Dinamo Riga (Latvia), Noon
End NHL Pre-season Schedule

FLAMES 1, OILERS 0

First Period
1. Calgary, Tanguay 1 (Iginla, Giordano) 5:36 (pp)
Penalties — Strudwick Edm (interference), MacIntyre Edm (roughing) 9:54, Tanguay Cal (tripping) 14:05.
Second Period
No Scoring.
Penalties — Brule Edm (slashing) 8:51, Ivanans Cal (holding) 11:34, Bouwmeester Cal (hooking) 16:10.
Third Period
No Scoring.
Penalty — Belle Edm (hooking) 13:06.
Shots on goal by

Edmonton	7	11	9	27
Calgary	13	5	10	28

Goal (shots-saves) — Edmonton: Dubnyk (18-17)(L), Deslauriers (11:34 of second)(10-10); Calgary: Kiprusoff (W).
Power plays (goals-chances) — Edmonton: 0-3; Calgary: 1-4.
Referees — Tom Kowal, Kyle Rehman. **Linesmen** — Brad Lazarowich, Mark Wheler.
Attendance — 19,289 (19,289) at Calgary.

LATE SATURDAY

LEAFS 4, RED WINGS 2

First Period
1. Detroit, Emmerton 1 (Andersson, Mursak) 9:09 (pp)
2. Toronto, MacArthur 1 (Grabovski, Gunnarsson) 14:19 (pp)
3. Toronto, Bozak 2 (Kessel, Komisarek) 16:28
Penalties — Kulemin Tor (cross-checking) 5:36, Komisarek Tor (high-sticking) 7:20, Abdelkader Det (roughing), Versteeg Tor (slashing, roughing) 9:59, Helm Det (holding) 11:48, Miller Det (tripping) 12:19, Brown Tor (charging) 19:24.
Second Period
4. Toronto, Versteeg 2 (Kaberle, Kessel) 4:41 (pp)
5. Toronto, Kaberle 1 (Kessel, Versteeg) 11:41 (pp)
Penalties — Andersson Det (holding) 4:03, Andersson Det (interference) 10:37.
Third Period
6. Detroit, Tatar (Ericsson, Kindl) 12:13 (pp)
Penalty — Orr Tor (boarding) 6:10, Abdelkader Det, Schenn Tor (unsportsmanlike conduct, instigating, fighting, misconduct) 10:24, Smith Det (interference) 13:59, Abdelkader Det (tripping) 18:03.
Shots on goal by

Detroit	10	13	13	36
Toronto	11	12	6	29

Goal (shots-saves) — Detroit — Howard (L); Toronto — Giguere (W)(23-22), Rynnas (start third)(13-12).
Power plays (goals-chances) — Detroit: 2-7; Toronto: 3-6.
Referees — Paul Devorski, Fredrick L'Ecuyer.
Linesmen — Greg Devorski, David Brisebois.
Attendance — 18,780 (18,819) at Toronto.

NFL

WEEK 4

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	3	1	0	.750	106	61
New England	2	1	0	.667	90	82
Miami	2	1	0	.667	52	51
Buffalo	0	4	0	.000	61	125

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	108	102
Jacksonville	2	2	0	.500	71	111
Indianapolis	2	2	0	.500	117	92
Tennessee	2	2	0	.500	98	68

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	61	55
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	2	0	.500	79	78
Cleveland	1	3	0	.250	68	77

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	2	2	0	.500	113	71
Denver	2	2	0	.500	87	85
Oakland	1	3	0	.250	76	107

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	2	2	0	.500	73	79
N.Y. Giants	2	2	0	.500	72	88
Philadelphia	2	2	0	.500	95	79
Dallas	1	2	0	.333	54	53

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	3	1	0	.750	93	60
New Orleans	3	1	0	.750	79	72
Tampa Bay	2	1	0	.667	50	59
Carolina	0	4	0	.000	46	87

NORTH

	W	L	T	Pct	PF	PA
Chicago	3	1	0	.750	69	68
Green Bay	3	1	0	.750	106	73
Minnesota	1	2	0	.333	43	38
Detroit	0	4	0	.000	82	106

WEST

	W	L	T	Pct	PF	PA
Arizona	2	2	0	.500	58	118
St. Louis	2	2	0	.500	77	52
Seattle	2	2	0	.500	75	77
San Francisco	0	4	0	.000	52	103

Byes: Dallas, Kansas City, Minnesota, Tampa Bay
Yesterday's results
Denver 26 Tennessee 20
Green Bay 28 Detroit 26
N.Y. Jets 38 Buffalo 14
St. Louis 20 Seattle 3
Atlanta 16 San Francisco 14
Baltimore 17 Pittsburgh 14
New Orleans 16 Carolina 14
Cleveland 23 Cincinnati 20
Houston 31 Oakland 24
Jacksonville 31 Indianapolis 28
San Diego 41 Arizona 10
Washington 17 Philadelphia 14
N.Y. Giants 17 Chicago 3
Tonight's game
(All times Eastern)
New England at Miami, 8:30 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	13	9	4	0	409	336	18
Hamilton	13	6	7	0	330	355	12
Toronto	13	6	7	0	259	344	12
Winnipeg	13	3	10	0	345	349	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	13	10	3	0	452	295	20
x-Saskatchewan	13	9	4	0	380	345	18
B.C.	13	5	8	0	324	319	10
Edmonton	13	4	9	0	261	413	8

x — clinched playoff berth.
Yesterday's result
Edmonton 37 Hamilton 35
Saturday's results
B.C. 16 Winnipeg 14
Saskatchewan 27 Toronto 16
Friday's result
Calgary 46 Montreal 21

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
SEATTLE MARINERS—Announced the retirement of video coordinator Carl Hamilton, effective Jan. 1, 2011.
NATIONAL LEAGUE
LOS ANGELES DODGERS—Announced the retirement of C Brad Ausmus.

HOCKEY

NHL

DETROIT RED WINGS—Assigned F Joakim Andersson, F Willie Coetzee, F Cory Emmerton, D Brian Lashoff, G Thomas McCollum, F Chris Minard, F Jordan Owens, F Francis Pare, D Logan Pyett, F Brendan Smith, Jamie Tardif and F Tomas Tatar to Grand Rapids (AHL).
NEW YORK ISLANDERS—Assigned F Justin DiBenedetto, F Micheal Haley, F Rob Hisey, F Jesse Joensuu, F Mark Katic, F Tomas Marcinko, F Rhett Rakhshani, F David Ullstrom, F Jeremy Yablonski, D Dylan Reese, D Travis Hamonic and G Mikko Koskinen to Bridgeport (AHL). Released C Dean McAmmond, RW Jed Ortmeyer, D Anders Eriksson, G Manny Legace and F Krys Kolanos.
NEW YORK RANGERS—Assigned D Ryan McDonagh, D Pavel Valentenko, F Dale Weise and F Mats Zuccarello to Hartford (AHL).
ST. LOUIS BLUES—Recalled F T.J. Hensick, F Ryan Reaves, F David Spina and D Dean Arsene from Peoria (AHL).
VANCOUVER CANUCKS—Assigned RW Victor Oreskovich, RW Sergei Shirokov, LW Bill Sweatt, D Lee Sweatt and D Yann Sauve to Manitoba (AHL).

AHL

MANITOBA MOOSE—Released G Daniel Bellissimo, RW Hans Benson, RW Andy Brandt, LW Andrew Carroll, RW Dan Gendur, LW Michael Gergen, RW Stephane Goulet, D David Grimson, C Derek Leblanc, C Aaron Lewadniuk, C Mark Magnowski, RW Evan Rankin, LW Matt Schepke, D Brock Sheahan and D Ryan Turek.
PEORIA RIVERMEN—Assigned G Gerald Coleman, F Kory Falite and D Mark Isherwood to Alaska (ECHL). Released F Pierce Norton, F Ethan Cox, F Chris Morehouse, F Jerad Stewart, F Zach Pearson, D Alex Dzielski, D Aaron Dawson and D Ryan Palmer.
SAN ANTONIO RAMPAGE—Assigned LW Ned Lukacevic, C Justin Bernhardt and C Tyler Mosienko to Las Vegas (ECHL). Returned RW Jamie Bates to Las Vegas. Released LW Kip Brennan.
SPRINGFIELD FALCONS—Released G Riley Gill, F Matt Vokes, F John Mori, F Marcus Carroll, F Cory McGillis, F John Scrymgeour and D Steven Kaunisto.
SYRACUSE CRUNCH—Assigned F Eric Lampe to Elmira (ECHL). Added F Alex Curran to their training camp roster. Released F Marco Desveaux and F Darick St. Marie.

GOLF

RYDER CUP

At Newport, Wales
Par 71

EUROPE 9 ½, U.S. 6 ½

FOURSOMES
Europe 2, U.S. 0
Luke Donald and Lee Westwood, Europe, def. Tiger Woods and Steve Stricker, U.S., 6 and 5.
Graeme McDowell and Rory McIlroy, Europe, def. Zach Johnson and Hunter Mahan, U.S., 3 and 1.
FOURBALLS
Europe 5 ½, U.S. ½
Padraig Harrington and Ross Fisher, Europe, def. Jim Furyk and Dustin Johnson, U.S., 2 and 1.
Peter Hanson and Miguel Angel Jimenez, Europe, def. Bubba Watson and Jeff Overton, U.S., 2-up.
Stewart Cink and Matt Kuchar, U.S., halved with Edoardo Molinari and Francesco Molinari, Europe.
Ian Poulter and Martin Kaymer, Europe, def. Phil Mickelson and Rickie Fowler, U.S., 2 and 1

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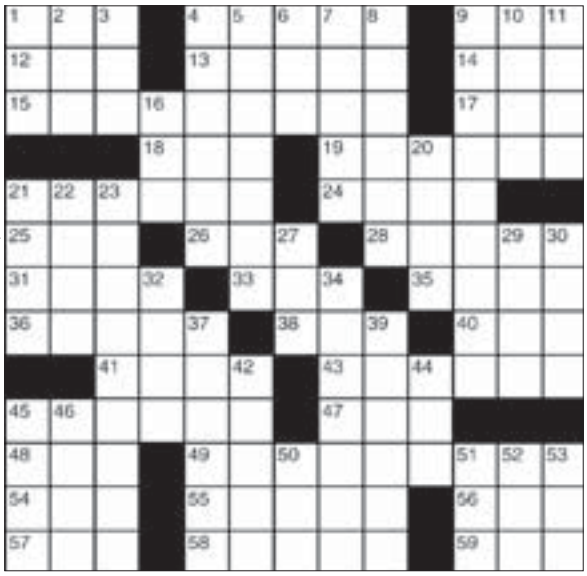
Crossword



Across

1 Spree
4 Tent peg
9 Hot tub
12 Eggs
13 "American Idol" alumnus Clay
14 Audiology subject
15 Piano style
17 Performance
18 Birthday statistic
19 Mickey Mouse's creator
21 Stuck
24 Sans siblings
25 Blackbird
26 Homer's interjection
28 Play your last card
31 Hostels
33 Watch chain
35 Ballerina's frill
36 Crazy folks
38 Deity
40 Apprehend
41 St. Louis NFL team
43 Chuckles
45 Tyrannical ruler
47 In need of repair
48 Ostrich's cousin
49 They're "worn" when handling something carefully
54 Parisian pal
55 Justice Kagan
56 Past
57 Unsavory rodent
58 Impressionist Edgar
59 Present

Down

1 Occupation
2 Actress Gardner
3 Talk on and on
4 Drooped
5 Fed up with
6 Alias (Abbr.)
7 Japanese form of fencing
8 Conclusion
9 "No Way Out" actress
10 Gait
11 Bohemian
16 Sweet potato
20 Coin aperture
21 "Monopoly" corner
22 Domini preceder
23 Diamonds or clubs, in bridge
27 Glutton
29 Great Salt Lake state
30 Vats
32 Break suddenly
34 Common lunch meat
37 Cured, as ham
39 Texas city
42 Steps over a fence
44 Japanese vegetable
45 Sweetie
46 Actress Thompson
50 B.A., for ex.
51 Moving vehicle
52 Id counterpart
53 Scatter seeds

▶ Yesterday's answer

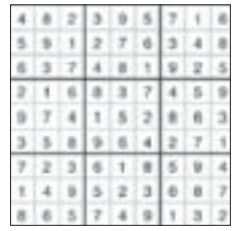
Sudoku

			5	1			8	7
8	4			9	3			5
	5				8		7	
	3	8				9	2	
	9		3				6	
4			1	8			9	6
3	7			2	5			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



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TGK,
You're the best thing that's ever been mine. The last few months have been the best of my life. I think it's safe to say I love you! You're my beb, my TGK, my better half and my best friend. Thanks for always letting me goofy kiss you!
UNCONDITIONAL LOVE, YOUR TGP

I miss you so much. Now that it is getting cold, I think of the night I saved you. I froze to keep you warm with my jacket. I love you, more than you could imagine.
-SNOOPY

Pssstttt: Chris, mi amor. Mi lindo. Mi loru. Bebsh, you are my everything. When I look into your eyes - I see forever :) There is no way I can sum up how I feel about you here. But I want everyone who is reading this to know that I LOVE YOU. Forever yours, **ERIKA**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Spend time with the people who mean most to you today, because some of them are under the impression that you have forgotten they exist!

♉ Taurus April 21-May 21 The pace of life will pick up quickly this coming week and you will be snowed under by opportunities and invitations. Be selective of what you take on.

♊ Gemini May 22-June 21 The approaching new moon promises that if you act quickly you will create something out of the ordinary, something you will be remembered for.

♋ Cancer June 22-July 22 You feel on top of the world and your energy levels are high, so ask yourself: what can you do to make the world a better place? Help those around you as much as you can.

♌ Leo July 23-Aug.23 Is life really so tough or is it more likely that your negative attitude is making everything look hard? Strive to be positive. Look to the future.

♍ Virgo Aug. 24- Sept. 22 Someone you meet today could become more than a friend, so keep your eyes and ears open and, above all, listen to the promptings of your heart. Don't be shy: if you meet someone you fancy be bold and make the first move.

♎ Libra Sept. 23-Oct. 23 You will be put to the test today but, if you stay calm and tackle problems individually as they arise, you will pass the test with flying colours.

♏ Scorpio Oct. 24-Nov. 22 Something that once seemed so important to you won't mean anything after today. It's not often that your attitude changes to such a drastic extent but recent events have convinced you it is time to move on – and up.

♐ Sagittarius Nov. 23-Dec. 21 You need to have a clear idea of what it is you are aiming for, because without that idea your efforts will yield only limited results.

♑ Capricorn Dec. 22-Jan. 20 Quality counts in all areas of life but especially in your work or career where you are judged most on what you create and on how much value you bring to the business.

♒ Aquarius Jan. 21-Feb. 18 You may be tempted to take it easy and enjoy yourself today but you should really be planning what you are going to do around the time of Thursday's new moon.

♓ Pisces Feb. 19-March 20 Money matters of one sort or another will be top of the agenda this coming week, especially if you have been rather careless about keeping track of where your cash has been going. A more disciplined approach is a must.
SALLY BROMPTON

JACQUES BRINON/THE ASSOCIATED PRESS

Caption contest

WIN!

You write it!

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